

250 WAYS TO SERVE FRESH VEGETABLES

250 WAYS TO SERVE

*fresh* Vegetables









# *250 ways to serve* **FRESH VEGETABLES**

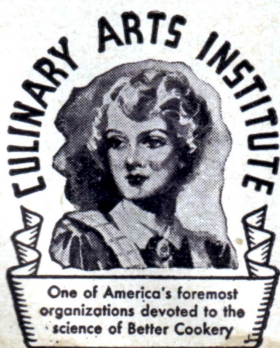
**Recipes for Delectable Dishes of  
Every Vegetable from Artichokes  
to Zucchini**

**The Importance of Vegetables to  
Healthful Meals**

**Mineral and Vitamin Content of  
Fresh Vegetables, and How to  
Retain Their Full Value in  
Cooking**

**Selection, Care and Preparation of  
Summer and Winter Vegetables**

**Use of Vegetables for Garnishing**



EDITED BY

***Ruth Berolzheimer***

DIRECTOR, CULINARY ARTS INSTITUTE

**ASSOCIATE EDITORS**

Edna L. Gaul - Ethel Marie McDonald

Helen Lucy Kinney - Madeleine Jasper

Ann Heiberg

Published by

Consolidated Book Publishers

**Copyright 1941 by**

Consolidated Book Publishers, Inc.

153 N. Michigan Avenue, Chicago, Ill.

Printed in U. S. A.



# INDEX

<b>ARTICHOKES</b> .....9, 10	<b>Brussels Sprouts in Parchment</b> ..... 16	<b>Corn Fritters</b> ..... 24
Cooked Globe Artichokes.. 9	<b>Cooked Brussels Sprouts...</b> 15	<b>Corn O'Brien</b> ..... 24
With Cheese ..... 9	<b>Fried Brussels Sprouts....</b> 15	<b>Corn on the Cob.....</b> 24
<b>Cooked Jerusalem Artichokes</b> 9	<b>CABBAGE</b> .....16-18	<b>Creamed Corn</b> ..... 24
<b>Jerusalem Artichoke Soufflé</b> 9	<b>Baked Chinese Cabbage....</b> 17	<b>Cut Cooked Corn.....</b> 24
<b>Jerusalem Artichokes with Parsley Sauce</b> ..... 9	<b>Cabbage and Celery Casserole</b> ..... 16	<b>Fried Corn</b> ..... 22
<b>Riced Jerusalem Artichokes</b> 10	<b>Cabbage Cooked in Milk...</b> 17	<b>Scalloped Corn</b> ..... 22
<b>Scalloped Globe Artichokes</b> 9	<b>Cabbage with Cheese.....</b> 16	<b>Southern Corn Pudding....</b> 24
<b>ASPARAGUS</b> .....10, 11	<b>Cabbage with Tart Sauce..</b> 17	<b>CUCUMBERS</b> ..... 25
<b>Asparagus Casserole</b> ..... 10	<b>Chinese Cabbage with Parsley</b> ..... 17	<b>Baked Stuffed Cucumbers..</b> 25
<b>Asparagus Soufflé</b> ..... 10	<b>Cooked Cabbage</b> ..... 16	<b>Cooked Cucumbers</b> ..... 25
<b>Asparagus with Hot Mayonnaise</b> ..... 10	<b>Cooked Chinese Cabbage...</b> 17	<b>Cucumbers with Hollandaise</b> 25
<b>Cooked Asparagus</b> ..... 10	<b>Cooked Red Cabbage.....</b> 17	<b>Fried Cucumbers</b> ..... 25
With Hollandaise ..... 10	<b>Red Cabbage with Vinegar Sauce</b> ..... 18	<b>DASHEEN</b> ..... 25
<b>Crumbed Asparagus</b> ..... 11	<b>Scalloped Cabbage</b> ..... 16	<b>Dasheen</b> ..... 25
<b>BEANS, GREEN, LIMA AND WAX</b> .....11-13	<b>Spiced Red Cabbage.....</b> 18	<b>EGGPLANT</b> .....25, 26
<b>Baked Lima Beans.....</b> 13	<b>Sweet and Sour Cabbage...</b> 17	<b>Baked Eggplant</b> ..... 25
<b>Beans in Onion Sauce.....</b> 12	<b>CARROTS</b> .....18-20	French Fried ..... 25
<b>Cooked Fresh Lima Beans..</b> 12	<b>Baked Carrots</b> ..... 18	<b>Breaded Eggplant</b> ..... 25
<b>Cooked Green or Wax Beans</b> 11	<b>Browned Carrots</b> ..... 18	<b>Cooked Eggplant</b> ..... 25
<b>Creole Wax Beans.....</b> 12	<b>Carrot and Celery Soufflé..</b> 19	<b>Eggplant Casserole</b> ..... 26
<b>Crumbed Green Beans.....</b> 12	<b>Carrot and Green Bean Casserole</b> ..... 19	<b>Eggplant Fritters</b> ..... 26
<b>Deviled Green Beans.....</b> 12	<b>Carrot Croquettes</b> ..... 18	<b>Planked Eggplant</b> ..... 26
<b>Green Beans with Cheese..</b> 11	<b>Carrot Ring</b> ..... 19	<b>FENNEL</b> .....26, 27
<b>Green Beans with Egg Sauce</b> 11	<b>Carrot Soufflé</b> ..... 19	<b>Braised Fennel</b> ..... 27
<b>Green Beans with Sour Cream</b> ..... 11	<b>Carrots and Peas.....</b> 18	<b>Cooked Fennel</b> ..... 26
<b>Green Beans with Tomato Sauce</b> ..... 12	<b>Carrots with Cheese.....</b> 19	<b>KALE</b> ..... 27
<b>Lima Bean Casserole.....</b> 12	<b>Cooked Carrots</b> ..... 18	<b>Cooked Kale</b> ..... 27
<b>Lima Beans de Luxe.....</b> 13	<b>Lyonnais Carrots</b> ..... 19	Scalloped ..... 27
<b>Lima Beans with Sausages.</b> 13	<b>Mashed Carrots</b> ..... 18	<b>Kale in Egg Sauce.....</b> 27
<b>Minted Green Beans.....</b> 12	<b>Parsley Carrots</b> ..... 19	<b>Kale with Sour Cream....</b> 27
<b>Parsley Paprika Lima Beans</b> 12	<b>Sweet-Sour Carrots</b> ..... 20	<b>KOHLRABI</b> ..... 27
<b>Southern Green Beans.....</b> 11	<b>CAULIFLOWER</b> .....20, 21	<b>Cooked Kohlrabi</b> ..... 27
<b>Spicy Green Beans.....</b> 12	<b>Cauliflower Fritters</b> ..... 20	<b>Kohlrabi in Egg Sauce...</b> 27
<b>Wax Beans, O'Brien.....</b> 12	<b>Cauliflower with Browned Crumbs</b> ..... 20	<b>LEEEKS</b> ..... 28
<b>BEETS</b> .....13, 14	<b>Cauliflower with Tomato and Cheese Sauce</b> ..... 21	<b>Leeks au Gratin.....</b> 28
<b>Baked Beet Casserole....</b> 14	<b>Cooked Cauliflower</b> ..... 20	<b>LETTUCE</b> ..... 28
<b>Beets in Orange Sauce....</b> 14	<b>Cooked Cauliflowerets</b> ..... 20	<b>Wilted Lettuce</b> ..... 28
<b>Buttered Beets and Celery.</b> 14	<b>French Fried Cauliflower...</b> 20	<b>MUSHROOMS</b> ..... 28
<b>Cooked Beet Greens.....</b> 14	<b>Sautéed Cauliflower</b> ..... 20	<b>Baked Mushrooms</b> ..... 28
<b>Cooked Beets</b> ..... 13	<b>CELERY</b> ..... 21	<b>Broiled Mushrooms</b> ..... 28
<b>Fried Beets</b> ..... 14	<b>Braised Celery</b> ..... 21	<b>Creamed Mushrooms</b> ..... 28
<b>Harvard Beets</b> ..... 13	<b>Cooked Celeriac</b> ..... 21	<b>Mushrooms Stuffed with Brazil Nuts</b> ..... 28
<b>Minted Beets</b> ..... 14	<b>Cooked Celery</b> ..... 21	<b>Sautéed Mushrooms</b> ..... 28
<b>Sour Beets</b> ..... 14	<b>CHAYOTE</b> ..... 21	<b>MUSTARD GREENS</b> ..... 29
<b>Spiced Beets</b> ..... 14	<b>Cooked Chayote</b> ..... 21	<b>Cooked Mustard Greens...</b> 29
<b>Sweet Beets</b> ..... 14	<b>Fried Chayote</b> ..... 21	<b>OKRA</b> ..... 29
<b>BROCCOLI</b> .....14, 15	<b>CHICORY</b> .....21, 22	<b>Cooked Okra</b> ..... 29
<b>Broccoli Parmesan</b> ..... 15	<b>Chicory with Hollandaise..</b> 22	<b>Fried Okra</b> ..... 29
<b>Broccoli Ring</b> ..... 15	<b>Cooked Chicory</b> ..... 21	<b>Okra and Tomatoes.....</b> 29
<b>Broccoli Soufflé</b> ..... 15	<b>COLLARDS</b> ..... 22	<b>Okra Creole</b> ..... 29
<b>Broccoli with Cheese.....</b> 14	<b>Collards with Mashed Potatoes</b> ..... 22	<b>Okra in Tomato Sauce....</b> 29
<b>Broccoli with Cheese Sauce.</b> 15	<b>Cooked Collards</b> ..... 22	<b>ONIONS</b> .....30, 31
<b>Cooked Broccoli</b> ..... 14	<b>CORN</b> .....22, 24	<b>Baked Stuffed Onions.....</b> 30
With Hollandaise Sauce.. 14	<b>Broiled Corn</b> ..... 22	<b>Cooked Onions</b> ..... 30
<b>BROCCOLI RABE</b> ..... 15	<b>Buttered Corn and Peas...</b> 22	<b>Creamed Onions and String Beans</b> ..... 30
<b>Cooked Broccoli Rabe....</b> 15	<b>Corn and Celery.....</b> 24	<b>French Fried Onions.....</b> 30
<b>BRUSSELS SPROUTS</b> ....15, 16	<b>Corn and Pepper Fritters..</b> 22	<b>Onion Rings</b> ..... 30
<b>Breaded Brussels Sprouts..</b> 15		<b>Fried Onions</b> ..... 30
<b>Brussels Sprouts and Celery</b> 16		<b>Glazed Onions</b> ..... 30
		<b>Green Onions</b> ..... 30
		<b>Onion Casserole</b> ..... 30
		<b>Onion Soufflé</b> ..... 31



# INDEX — Continued

<b>PARSNIPS</b> .....	31	Egg Sauce .....	48	Baked Tomatoes and Corn.	40
Baked Parsnips .....	31	Hollandaise Sauce .....	47	Baked Tomatoes with	
Cooked Parsnips .....	31	Hot Mayonnaise .....	48	Onions .....	40
Fried Parsnips .....	31	Lemon Butter .....	47	Broiled Tomatoes .....	40
Mashed Parsnips .....	31	Mint Butter .....	47	Fried Green Tomatoes....	41
Parsnip Fritters .....	31	Mock Hollandaise Sauce...	47	Sautéed Tomatoes .....	41
<b>PEAS</b> .....	32-34	Mornay Sauce .....	48	Scalloped Tomatoes .....	42
Bologna Cups with Peas...	33	Mushroom Sauce .....	48	Stewed Tomatoes .....	42
Cooked Peas .....	32	Parsley Butter .....	47	Stewed Tomatoes and Celery	40
Creamed .....	32	Parsley Sauce .....	48	Stuffed Tomatoes .....	41
Creamed Peas and Onions.	32	Tomato Sauce .....	48	Tomato Fritters .....	42
Minted Peas .....	32	White Sauce .....	48	Tomatoes Stuffed with	
Mushroom and Pea Casserole	32	Worcestershire Butter ...	47	Spinach .....	41
Mushroom Fondue with Peas	34	<b>SPINACH</b> .....	36, 37	<b>TURNIPS AND RUTABA-</b>	
Pea Croquettes .....	32	Baked Spinach .....	36	GAS .....	42
Pea Timbales .....	33	Chopped Spinach .....	36	Baked Turnips .....	42
Peas and Celery .....	32	Cooked Spinach .....	36	Cooked Turnips or Rutaba-	
Peas and Mushrooms.....	32	Creamed Spinach .....	36	gas .....	42
Peas and Onions.....	32	Spinach Balls .....	37	Mashed Turnips .....	42
Peas Cooked in Lettuce...	33	Spinach Casserole .....	37	Turnips with Pepper Sauce.	42
Peas with Cheese.....	33	Spinach Ring .....	36	<b>VEGETABLE COMBINATION</b>	43-46
Peas with Onion Butter...	33	Spinach Soufflé .....	36	Baked Vegetables .....	43
Pimiento Noodle Ring ...	33	Spinach with Peppers.....	37	Chapeau Vegetable Plate...	42
<b>PEPPERS</b> .....	34	Sweet-Sour Spinach .....	37	Creamed Vegetables .....	44
Broiled Peppers .....	34	<b>SQUASH</b> .....	37-40	Leftover Cooked Vegetables	46
French Fried Pepper Rings.	34	Baked Acorn Squash.....	38	Mixed Grill .....	46
Peppers Stuffed with Corn.	34	Baked Squash .....	38	Mixed Vegetables .....	43
With Macaroni .....	34	Baked Squash with Tomatoes	38	Succotash .....	43
<b>PIMIENTOS</b> .....	35	Cooked Summer Squash...	38	Upside-Down Vegetable Cake	45
Pimientos with Eggplant...	35	Stuffed .....	38	Vegetable Casserole .....	44
<b>RADISHES</b> .....	35	Fried Summer Squash.....	40	Vegetable Custard .....	44
Braised Radishes .....	35	Glazed Hubbard Squash...	38	Vegetable Dish .....	43
Cooked Radishes .....	35	Leftover Squash .....	37	Vegetable Loaf .....	46
Fried Radishes .....	35	Squash in Casserole.....	38	Vegetable Soufflé .....	44
<b>SALSIFY</b> .....	35, 36	Stuffed Acorn Squash.....	37	<b>VEGETABLE GARNISHES..</b>	8
Cooked Salsify .....	35	Summer Squash In Sour		Julienne Vegetables .....	8
Fried Salsify .....	36	Cream .....	40	Vegetable Baskets .....	8
Mock Oysters .....	35	<b>SWISS CHARD</b> .....	40	Vegetable Cups .....	8
Salsify Casserole .....	36	Cooked Swiss Chard.....	40	Vegetable Flowers .....	8
Salsify In Cream Sauce...	35	With Cheese Sauce.....	40	<b>VEGETABLE MARROW ....</b>	43
Salsify Patties .....	36	<b>THINGS YOU SHOULD</b>		Cooked Vegetable Marrow..	43
Salsify with Chives.....	36	<b>KNOW ABOUT VEGETA-</b>		Stuffed Vegetable Marrow..	43
<b>SAUCES</b> .....	47, 48	<b>BLES</b> .....	4	Vegetable Marrow, Hungari-	
Browned Butter .....	47	Care of Vegetables.....	4	an Style .....	43
Browned Onion Butter...	47	Cooking of Vegetables ...	4	Vegetable Marrow with Sour	
Buttered Crumbs .....	48	Importance of Vegetables In		Cream .....	43
Browned Mushrooms .....	48	the Diet .....	5	<b>ZUCCHINI</b> .....	46
Browned Noodles .....	48	Minerals In Vegetables ...	6	Fried Zucchini .....	46
Cheese Sauce .....	48	Preparation of Vegetables..	4	Stuffed Zucchini .....	46
Chive Butter .....	47	Selection of Vegetables...	4	Zucchini and Tomatoes	
Cream Sauce .....	48	Vitamins in Vegetables...	6	au Gratin .....	46
Drawn Butter .....	47	<b>TOMATOES</b> .....	40-42	Zucchini In Tomato Sauce..	46
		Baked Tomatoes .....	41		

*For the beautiful illustrations in this book, we want to pay appropriate tribute to the following who helped so generously:*

ARMOUR AND COMPANY  
BALL BROTHERS COMPANY  
BRAZIL NUT FUND  
CORNING GLASS WORKS  
GENERAL FOODS CORPORATION  
HAWAIIAN PINEAPPLE COM-  
PANY, LTD.  
H. J. HEINZ COMPANY

IRRADIATED EVAPORATED  
MILK INSTITUTE  
JOHN F. JELKE COMPANY  
KALAMAZOO VEGETABLE  
PARCHMENT COMPANY  
KRAFT CHEESE COMPANY  
NATIONAL ASSOCIATION  
SERVICE

NATIONAL DAIRY COUNCIL  
3-SQUARES-A-DAY COOKING  
SCHOOL  
THE ALUMINUM COOKING  
UTENSIL COMPANY  
THE BEST FOODS, INC.  
U.S. BUREAU HOME ECO-  
NOMICS





# Things You Should Know

## SELECTION OF VEGETABLES

### IN SEASON

Buy vegetables in their season. Many vegetables are in the market the year round, and modern agriculture has greatly extended the season for many others, but some, when out of season, lack flavor and freshness.

### IN GOOD CONDITION

Vegetables should be fresh, firm and ripe. Do not buy vegetables that are old, withered, moldy or bruised, underripe or overripe; there is no saving in cost from purchasing such vegetables. Head vegetables should be solid, with few waste leaves. Cauliflower should be white and firm, with no blemishes. Leafy vegetables should be crisp. Peas and beans should have crisp pods. Buy vegetables of medium size and regular shape.

### QUANTITIES

Buy only the amount of summer vegetables you can use immediately, because they deteriorate in quality very quickly and are best when cooked soon after gathering.

Winter vegetables may be bought in larger amounts if there is a suitable dry, cool place for storage.

## CARE OF VEGETABLES

**SUMMER VEGETABLES**—If these are not to be cooked at once, they should be put into the refrigerator immediately. Peas and corn, especially, should be

cooked soon after they are gathered, because they lose their sweetness rapidly. Greens and crisp vegetables should be washed and placed in closely covered enamel or porcelain containers.

**WINTER VEGETABLES**—These should be in good condition, firm and uninjured and stored in a dry, cool, well ventilated place. Most of them keep better if they are piled up so that the air is excluded. Squash, however, keep better if they are spread out so that they do not touch one another. Squash and sweet potatoes require a warmer place than other vegetables. Vegetables cannot be kept well in an unpartitioned cellar containing a furnace.

## PREPARATION OF VEGETABLES FOR COOKING

Wash all vegetables before cooking, even though they look clean. A vegetable brush is almost a necessity. Dry winter vegetables may be improved by soaking them before cooking for several hours. Vegetables that are soaked after they are pared lose some soluble food materials. Scrape thin-skinned vegetables; pare thick-skinned vegetables or remove the skin after cooking. Make thin parings except in the case of turnips, from which a thick layer of corky material should be removed. Many vegetables, particularly of the bud, head and fruit groups, should be immersed in cold salt water for  $\frac{1}{2}$  hour. This freshens the fiber and drives out any insects that have taken refuge in

crevices. Leaf vegetables should be washed in several waters or in running water. The leaves should be lifted out of the water rather than the water poured off.

## COOKING TO RETAIN THE PROTECTIVE ELEMENTS

**BAKING** is the best method to preserve Vitamins and minerals. Dry baking in their skins generally used for potatoes, sweet potatoes, squash, turnips, carrots, onions, and parsnips is a simple method whereby they are baked in a hot oven until they are just tender when pierced with a sharp fork. Baking, however, also includes the roasting of whole vegetables with meat, gravy, or fat, especially when potatoes or sweet potatoes are scraped, preserving minerals under the skin.

**AU GRATIN AND SCALLOPING** are other forms of baking, especially when fresh vegetables are used with cheese or crumbs. Left-over cooked vegetables may be prepared by these methods also, but the Vitamin and mineral value will be determined by the first cooking. Only baking in the jacket will insure the preservation of the Vitamins.

**WATERLESS COOKING** of fresh vegetables is any process in which no water is added. The water in the vegetable itself does the cooking. A thick-walled kettle with a tight-fitting lid is the necessary equipment. Very low heat is used, and the vegetable is tender in a very short time because neither heat nor steam escapes. No minerals are lost and the loss of Vitamins is almost as low as in baking.



# About VEGETABLES



**STEAMING** is cooking in live steam and valuable for the vegetables that can stand a high temperature for a longer period: carrots, beets, parsnips, sweet potatoes, wax beans, or those that are cooked in the meat pot so that the extracted minerals and Vitamins are used in the gravy.

**BOILING** does the most damage to vegetables, yet it is used most frequently by the largest number of homemakers. Although there are methods that reduce the losses to a minimum, the modern woman should remember that boiling is to be used least often, and always to be overbalanced by the better methods.

Most of the mineral salts occurring in vegetables are easily dissolved in water and the loss of Vitamins during boiling takes place in several ways. They may be destroyed by overheating, by prolonged exposure to the air, and by dissolving out in the cooking water. When this is drained off and discarded, the principal food values gained by the intelligent buying of vegetables have been thrown away.

## THE AMOUNT OF WATER

In every case only the smallest possible amount of water should be used and it should be boiling rapidly when the vegetables are dropped in. Then the heat reduced when vegetables are at boiling temperature. They should be cooked only until just tender.

**TO BOIL VEGETABLES PROPERLY**, methods must be selected according to the color:

1. The green vegetables are best cooked in an uncovered kettle in water that is slightly alkaline to

retain the color. A bit of baking soda the size of a pinhead may be used to intensify the color but it is not recommended for continual use (except for that part of the country where the drinking water is always slightly acid) because it reduces the Vitamin content and breaks down the texture. Cook only until tender. If overcooked, green vegetables turn brownish because of chemical changes in the coloring matter, the fine flavor is ruined, while food values are lost.

2. White fresh vegetables such as cabbage, cauliflower and onion are strong-flavored, due to their special oils. Hard water changes these oils so that the white color turns to yellow or brown. To prevent this, add 1 teaspoon of lemon juice or white vinegar. Drop the vegetable into enough rapidly boiling water to cover and cook with the kettle uncovered until just tender to the fork. Add the drained water, if any, to your soup.

3. The red color in vegetables is produced by acid and needs to be kept that way. Tomatoes usually have enough acid of their own to keep the color, but beets and red cabbage need a teaspoon of lemon juice or white vinegar. Cook in a small amount of water in a covered kettle.

4. Yellow vegetables are among the most valuable and stable. That rich yellow color is not only beauty but actually the foundation of Vitamin A. Not much damage can be done to it although the minerals and other Vitamins can still be destroyed

if the vegetable is carelessly handled. Cook covered in a minimum amount of water.

Vegetables may be prepared by other methods such as broiling, sautéing, pan-frying, or broiling or combinations of methods according to the family's desires. The recipes included in this book use these various methods. The amount of Vitamins and minerals retained depend on which method is most prominent.

## IMPORTANCE OF VEGETABLES IN THE DIET

The appreciation of vegetables as food has greatly increased in recent years, with an extended understanding of their peculiar values. The modern woman knows that vegetables provide not only starches and sugars for energy, as well as several forms of protein, but what is most important they provide impressive amounts of Vitamins A, B, C, E, and G, in addition to mineral salts. These mineral salts are especially Calcium, Phosphorus, Iron, Copper, Manganese, and Sulphur, as well as Iodine, in vegetables grown along the seashore. Besides all this she knows that the generous use of many vegetables helps to keep up the body's normal alkaline balance, which contributes so largely to health and vitality.

The following Vitamin and mineral tables will help her choose those vegetables which give maximum protection.



**VITAMIN CONTENT OF VEGETABLES**

Artichokes, globe	AA	B	C	
Asparagus	A		CC	
Beans, Lima	A	BB		G
Beans, string	AA	BB	CC	GG
Beets	A	B	C	G
Beet leaves	AA	BB		GGG
Broccoli	AAAA	BB	C	GGG
Brussels Sprouts	AA	BB		
Cabbage, cooked	A	BB	C	GG
Carrots	AAA	BB	CC	GG
Cauliflower	A	BB	C	GG
Celery	— to A	BB	CC	
Chicory	A		C	
Chinese cabbage	AA	BB	CCC	G
Collards	AAA	BB	CC	GG
Corn, yellow, sweet	AA	BB		G
Cucumbers	— to A	B	CC	G
Dandelion greens	AAA	BB	C	GG
Dasheens	A	B	C	
Eggplant	A	B	C	GG
Endive	AA		C	
Escarole	AAA		C	GG
Kale	AAA	B	CC	GGG
Kohlrabi		B	C	
Lettuce	A to AA	BB	CC	GG
Mustard greens	AAA	B	CC	GG
Okra	AA	BB		
Onions, cooked	— to A	B	C	G
Parsley	AAA	BB	CCC	
Parsnips	— to A	BB		
Peas, green	AA	BB	CCC	GG
Peppers, green	AA	BB	CCC	
Pimientos	AAA		CCC	
Potatoes, white	A	BB	CC	G
Radishes	— to A	BB	CC	
Romaine	AA	BB		GG
Rutabaga	— to A	BB	CCC	
Sauerkraut	A	B	C to CC	
Spinach	AAA	B	CC	GG
Squash, Hubbard	AAA	B		G
Squash, summer	A	B		G
Soybeans, fresh	AAA	BB		G
Sweet potatoes	AAA	BB	CC	G
Swiss chard	AA	B to BB		
Tomatoes	AA	BB	CCC	G
Turnips, white	— to A	BB	CC	GG
Turnip greens	AAA	BB	CCC	GG
Vegetable marrow	A	B		G
Watercress	AAA	BB	CCC	GG
Zucchini	A	B		G

**MINERALS IN THE ORDER OF AMOUNTS CONTAINED****CALCIUM**

Turnip tops, Collards  
 Kale, Watercress  
 Cauliflower, Endive  
 Lentils, dried  
 Swiss chard, Kohlrabi  
 Spinach, Celery  
 Dandelion greens  
**COPPER**  
 Navy beans, dried  
 Lima beans, dried  
 Peas, dried  
 Lentils, dried  
 Turnips, Radishes  
 Lettuce, Cauliflower  
 Onions, Watercress  
 Asparagus, Beet greens

**IRON**

Lima beans, dried  
 Lentils, dried  
 Navy beans, dried  
 Turnip tops  
 Beet greens  
 Swiss chard  
 Dandelion greens  
 Watercress  
 Sweet corn, dried  
 Spinach, Kale

**MANGANESE**

Chestnuts  
 Peas, dried  
 Lima beans, dried  
 Navy beans, dried

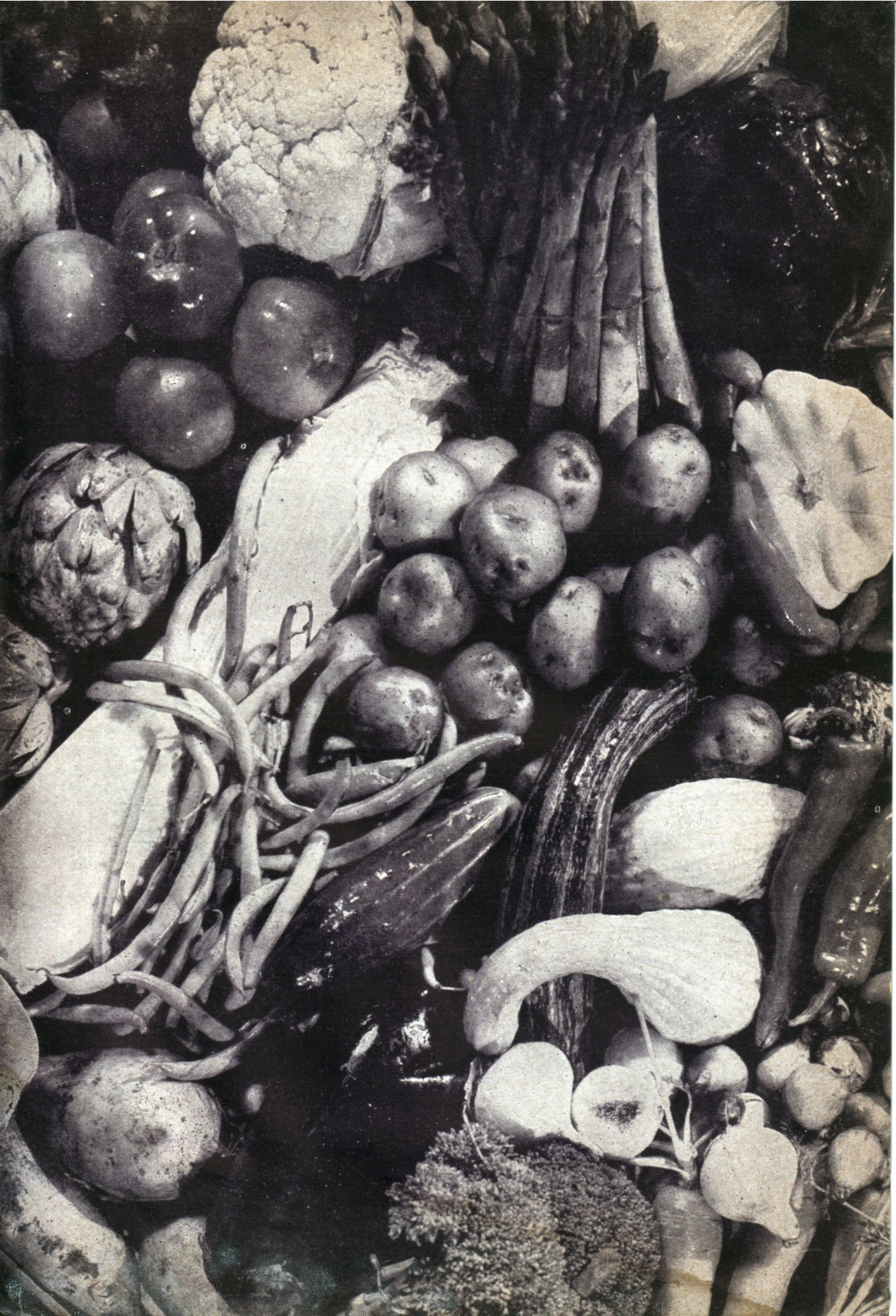
**Turnip tops**

Beet greens  
 Spinach, Beets  
 Okra, Sweet corn  
 Artichokes, String beans

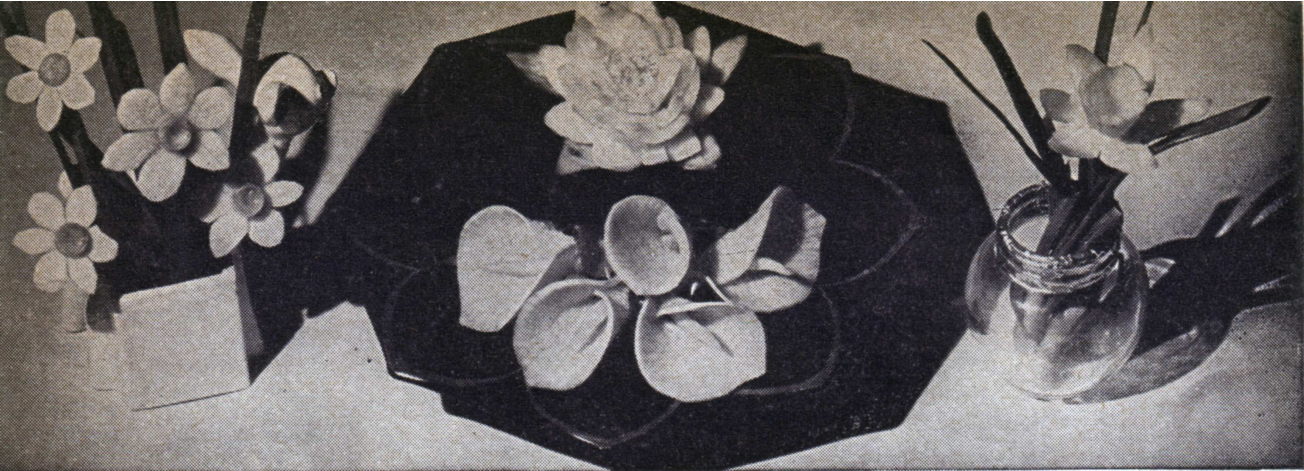
**PHOSPHORUS**

Beans, dried  
 Peas, dried  
 Lentils, dried  
 Sweet corn, dried  
 Lima beans, dried  
 Brussels sprouts  
 Sweet corn, fresh  
 Broccoli, String beans









*Green onions provide realistic foliage for the turnip narcissus and jonquil*

## VEGETABLES AS A GARNISH

### VEGETABLE FLOWERS

**EASTER LILY**—Pare and slice a large white turnip very thin. Roll each slice into a cornucopia and insert a stamen of carrot. Thrust a toothpick through the base to hold parts together. Tint some of the turnip slices yellow with food coloring. When made, dip lillies into warm (not hot) clear gelatin, place on rack in drip pan of refrigerator.

**SHASTA DAISY**—From pared thin slices of 3-inch white turnips cut V-shaped sections, leaving narrow petal-shaped sections. For the center, cut a partial ball from carrot and fasten into center with a toothpick.

**NARCISSUS**—Use thin slices of pared turnip about 2 inches in

diameter. Cut V-shaped sections from the slice leaving petals about  $\frac{1}{2}$  inch across. Use a slightly hollowed-out section of turnip for the center. Tint the upper edge of the turnip with brown food coloring. Dip into warm (not hot) clear gelatin. Place on rack to drain. Chill.

**ROSE**—Use small turnips or the ends of cucumbers. With a sharp-pointed knife, cut out sections of the vegetable leaving petal forms intact. The skin may be left on the cucumber and triangular sections cut from it leaving green petals as a background for the rose.

### JULIENNE VEGETABLES

Cut uncooked carrots and celery or cooked turnips, beets or potatoes into matchlike shreds. Arrange in a row around vegetable platter or in bundles with a strip of pimiento over top.

Remove filling from stuffed olives and fill centers with Julienne carrots or celery.

### VEGETABLE BASKETS

**EGGPLANT**—Make 2 cuts in eggplant  $\frac{1}{2}$  inch on each side of stem down about 3 inches. Cut in from each side to meet first cuts and remove sections of eggplant to make handle. Scoop out center and fill with vegetable salad, olives or celery.

**PEPPER**—Parboil peppers 5 minutes. Cut as for eggplant if a handle is desired, or cut off top portion, remove seeds and membranes; fill with hot creamed mixture.

**ARTICHOKE**—Cook artichokes until tender. Spread leaves and remove choke. Fill center with creamed sea food, fish or meat.

### VEGETABLE CUPS

Make cups from (2-inch) lengths of large cooked carrots, whole turnips or beets or uncooked cucumbers or plum tomatoes.

*These delicate blossoms are ingeniously carved from turnips and carrots*





## COOKED GLOBE ARTICHOKES

6 to 8 globe artichokes  
Boiling water to cover  
1 teaspoon salt

Wash artichokes in salted water and drain, bottoms up. Remove the thick, loose leaves around base and clip off tip of each leaf if sharp. Place artichokes in saucepan, add water and salt and cook 25 to 35 minutes. Drain with bottoms up. Serve with a small cup of melted butter or mayonnaise.

To eat: Pull off a leaf, hold by the tip and dip into butter or mayonnaise. Remove the fleshy part of the base of the leaf with the teeth and discard the remainder of the leaf. When all the leaves are removed, discard the choke—the "hairy" part above the heart. Eat the heart with a fork. Serves 6 to 8.

**WITH CHEESE**—Open center of Cooked Globe Artichoke and remove choke. Fill center with Cheese Sauce.

## SCALLOPED GLOBE ARTICHOKES

6 Cooked Globe Artichokes  
1½ tablespoons lemon juice  
1 cup dry bread crumbs  
½ teaspoon salt  
⅛ teaspoon pepper  
2 eggs, beaten  
1 cup cream or evaporated milk

Scrape edible portion from inside of artichoke leaves, remove choke and cut heart into pieces. Sprinkle with lemon juice. Mix artichokes, bread crumbs, salt and pepper together and place in greased baking dish. Combine eggs and cream and mix well. Pour over artichoke mixture and bake in moderate oven (375°F.) about 25 minutes or until browned. Serves 6 to 8.

## COOKED JERUSALEM ARTICHOKES

1½ pounds Jerusalem artichokes  
¾ teaspoon salt  
Boiling water

Wash artichokes, scrape and place in cold water. Drain; add salt and boiling water to cover. Cover pan and cook about 30 minutes or until tender. To serve, season with butter and pepper. For 6.

Dice artichokes and serve with Browned Onion Butter.

## JERUSALEM ARTICHOKES WITH PARSLEY SAUCE

4 cups Cooked Jerusalem Artichokes

1 recipe Parsley Sauce  
Paprika

Combine artichokes and parsley sauce and heat thoroughly. Sprinkle with paprika. Serves 6 to 8.

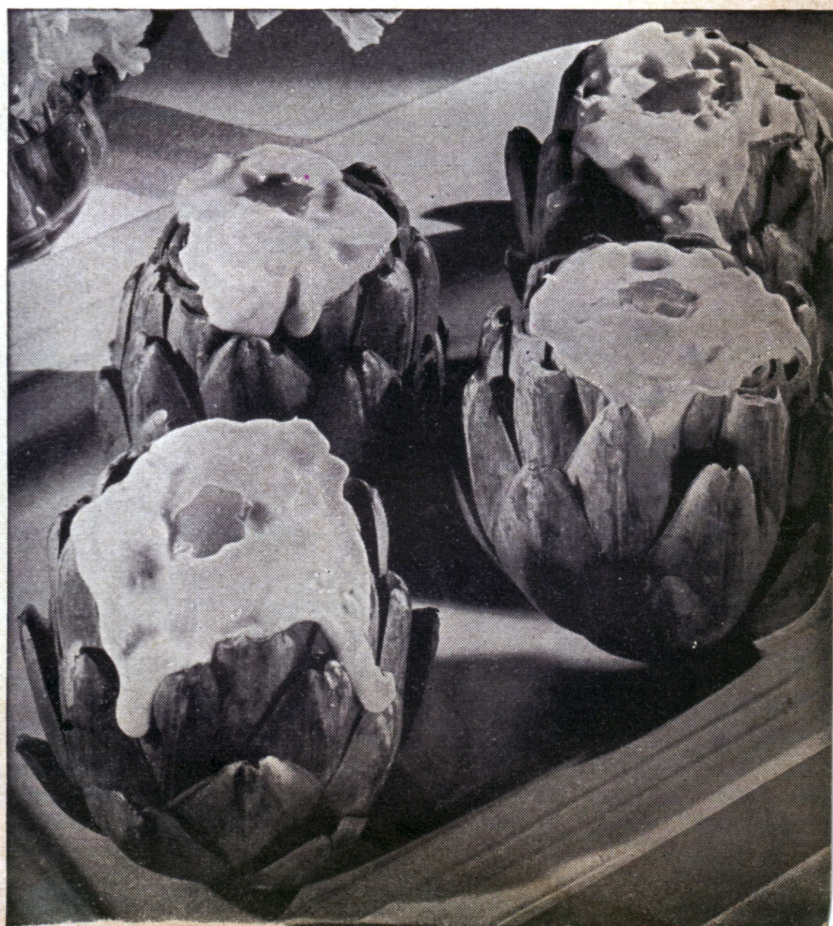
## JERUSALEM ARTICHOKE SOUFFLÉ

2 cups hot Riced Jerusalem Artichokes  
½ cup hot White Sauce  
2 eggs, separated  
½ teaspoon salt  
⅛ teaspoon pepper  
1 tablespoon grated cheese

Combine artichokes and white sauce and beat thoroughly. Add beaten egg yolks, salt and pepper and beat again. Fold in stiffly beaten egg whites, pour into greased baking dish and sprinkle with cheese. Bake in moderate oven (350°F.) about 25 to 30 minutes. Serves 6 to 8.

Add 2 tablespoons sautéed minced onions to mixture.

*Artichokes are a delicious and entertaining vegetable with butter or cheese sauce*





## RICED JERUSALEM ARTICHOKES

- 4 cups Cooked Jerusalem Artichokes
- 2 tablespoons butter
- 2 tablespoons cream

Force artichokes through ricer into serving dish. Indent center of mound with a spoon. Melt butter, add cream and pour into indentation. Serves 6 to 8.

Serve with Browned Onion Butter.

## COOKED ASPARAGUS

- 2 pounds asparagus
- Boiling water
- 1 teaspoon salt

Wash the asparagus thoroughly and tie in 1 bundle or into 6 to 8 individual bundles. Place bundles upright with stems down in just enough boiling water to cover thick part of stalks, add salt and cook 10 minutes or until stalks are tender. Arrange bundles in water so tips are covered and cook 5 minutes longer. To serve, season with pepper and butter. Serves 6 to 8.

**WITH HOLLANDAISE**—Serve hot Cooked Asparagus with Hollandaise Sauce poured across the bunches and a strip of pimiento over the sauce.

Serve with Cheese Sauce.

## ASPARAGUS SOUFFLÉ

- 3 tablespoons butter, melted
- 3 tablespoons flour
- 1 cup milk
- 4 eggs, separated
- 2½ cups diced Cooked Asparagus
- ¾ teaspoon salt

Blend butter and flour, add milk gradually and cook slowly until thickened, stirring constantly. Beat egg yolks until thick and lemon colored, add asparagus and salt and add to sauce. Beat egg whites until stiff and fold into asparagus mixture, pour into greased casserole, set in pan of hot water and bake in slow oven (325°F.) about 45 minutes. For 6.

*Green asparagus with Hollandaise and red pimiento brightens any dinner table*

## ASPARAGUS WITH HOT MAYONNAISE

- 1 recipe Hot Mayonnaise
- 4 cups Cooked Asparagus
- Paprika

Pour mayonnaise over hot asparagus and sprinkle with paprika. Serves 6 to 8.

## ASPARAGUS CASSEROLE

- 3 cups Cooked Asparagus
- 4 tablespoons fat, melted
- 2 tablespoons flour
- 2 cups milk
- ½ cup grated American cheese
- ¼ teaspoon salt
- ¾ cup dry bread crumbs
- 2 tablespoons butter

Cook asparagus just 5 minutes then place asparagus in casserole. Blend fat and flour, add milk gradually and cook slowly until thickened, stirring constantly. Add cheese and salt. Pour sauce over asparagus, sprinkle with crumbs, dot with butter and bake in slow oven (325°F.) 30 minutes. Serves 6 to 8.





## CRUMBED ASPARAGUS

- 1 recipe Cooked Asparagus
- 1 cup dry bread crumbs
- 1 egg, beaten
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- Butter

Arrange asparagus in bundles of 4 stalks. Roll in crumbs, dip into egg mixed with salt and pepper, and roll again in crumbs. Fry in butter until browned. Serves 6 to 8.

## COOKED GREEN OR WAX BEANS

- $1\frac{1}{2}$  pounds green or wax beans
- Water to cover
- $\frac{3}{4}$  teaspoon salt

Wash beans and remove ends and strings. Cover with boiling water, add salt and cook uncovered, 20 to 35 minutes or until just tender. Drain, saving liquid for soups and gravies. (Makes about 4 cups, cut.) To serve, season with pepper and butter. Serves 6 to 8.

After removing strings, cut uncooked beans lengthwise into

long slender strips or cut diagonally into 1-inch pieces. Allow 5 minutes less time for cooking.

To retain the greater amount of minerals in the beans and to have a stronger flavor, cook beans as for Cooked Carrots. Lift the cover of pan at the end of 15 minutes and let out steam to keep the color. Cook until just tender.

## SOUTHERN GREEN BEANS—

Break beans into 2-inch pieces, add 2 cups water and  $\frac{1}{4}$  pound salt pork and simmer 2 to 3 hours. Serve beans, pork and liquor.

## GREEN BEANS WITH EGG SAUCE

- 1 recipe Cooked Green Beans
- 1 recipe Egg Sauce
- Paprika

Combine beans and sauce and heat thoroughly, stirring occasionally. Sprinkle with paprika. Serves 6 to 8.

*Guests from the South will appreciate green beans cooked with salt pork*

## GREEN BEANS WITH SOUR CREAM

- 1 cup sliced mushrooms
- 2 tablespoons fat
- 4 cups Cooked Green Beans
- 1 cup sour cream
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Brown mushrooms in fat, add beans, cream, salt and pepper and heat thoroughly. Serves 6.

## GREEN BEANS WITH CHEESE

- 4 cups Cooked Green Beans
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon cayenne
- $\frac{3}{4}$  cup grated cheese
- 2 tablespoons butter
- $\frac{1}{3}$  cup cream

Arrange beans in greased baking dish, season with salt and cayenne, add  $\frac{1}{2}$  cup cheese, 1 tablespoon butter and cream. Stir until well mixed. Sprinkle with remaining cheese and dot with remaining butter. Bake in hot oven (400°F.) about 20 minutes. Serves 6 to 8.





## BEANS IN ONION SAUCE

- 1/2 cup minced onion
- 3 tablespoons fat
- 1 recipe White Sauce
- 4 cups Cooked Green Beans

Cook onion in fat, add to sauce and combine with beans. Heat thoroughly. Serves 6 to 8.

## CREOLE WAX BEANS

- 2 tablespoons chopped onion
- 1/2 green pepper, chopped
- 3 tablespoons fat
- 1 1/2 tablespoons flour
- 1 1/2 cups tomato juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups Cooked Wax Beans

Cook onion and green pepper in fat until onion is yellow. Blend in flour, add tomato juice gradually and cook for 5 minutes. Add salt, pepper and beans. Heat thoroughly. Serves 6 to 8.

## CRUMBED GREEN BEANS

- 4 cups Cooked Green Beans
- 6 tablespoons fat
- 1/2 cup fine cracker crumbs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Pimiento strips

Heat beans with fat, crumbs, salt and pepper, mixing until beans are coated with crumbs and crumbs are browned. Garnish with pimiento strips. Serves 6.

## SPICY GREEN BEANS

- 1 1/2 tablespoons chopped onion
- 3 tablespoons fat
- 1/3 cup chili sauce
- 1/4 teaspoon salt
- 4 cups Cooked Green Beans

Cook onion in fat until tender; add chili sauce, salt and beans. Heat thoroughly, stirring occasionally. Serves 6 to 8.

## DEVEILED GREEN BEANS

- 4 tablespoons butter
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper, Dash cayenne
- 4 cups Cooked Green Beans

Cream butter and add next 5 ingredients. Serve on hot green beans. Serves 6 to 8.

## GREEN BEANS WITH TOMATO SAUCE

- 1 medium onion, minced
- 3 tablespoons fat
- 3 1/2 cups Cooked Green Beans
- 3/4 cup Tomato Sauce
- 1/2 tablespoon sugar
- 1 teaspoon salt
- 2 teaspoons lemon juice
- 1/8 teaspoon pepper

Cook onion in fat until tender (3 to 4 minutes). Add beans, tomato sauce, sugar, salt, lemon juice and pepper. Heat thoroughly, stirring occasionally. For 8.

## MINTED GREEN BEANS

- 4 cups Cooked Green Beans
- 1/4 cup chopped mint
- 1/3 cup butter, melted
- 1/8 teaspoon pepper

Combine beans with remaining ingredients and heat thoroughly. Serves 6 to 8.

## WAX BEANS, O'BRIEN

- 6 tablespoons chopped pimiento
- 6 tablespoons chopped onion
- 4 tablespoons fat
- 1/4 teaspoon salt
- 4 cups Cooked Wax Beans
- 1/4 cup water

Cook pimiento and onion in fat 2 to 3 minutes. Add salt and beans and cook 5 minutes longer, stirring frequently. Add water and heat to boiling. Serves 6 to 8.

## COOKED FRESH LIMA BEANS

4 pounds fresh Lima beans  
Water to cover, 3/4 teaspoon salt  
Shell beans. Cover with boiling water, add salt and cook uncovered, 25 to 35 minutes, or until just tender. Drain; and save liquid for soups and casserole dishes. (Makes about 3 1/2 cups.) To serve, season with pepper and butter. Serves 6 to 8.

To retain the greater amount of minerals in the beans and to have a stronger flavor, cook as for Cooked Carrots. Lift the cover of pan at the end of 10 minutes and let out the steam to keep the color. Cook until just tender.

## LIMA BEAN CASSEROLE

- 2 cups Cooked Fresh Lima Beans
- 1/2 cup chopped pimientos
- 1 cup grated cheese
- 1 recipe White Sauce
- 2 tablespoons tomato catchup
- 1/2 cup dry bread crumbs
- 2 tablespoons butter

Combine beans, pimientos, cheese, white sauce and catchup. Pour into greased casserole, cover with crumbs, dot with butter and bake in moderate oven (350°F.) about 30 minutes. Serves 6 to 8.

## PARSLEY PAPRIKA LIMA BEANS

- 3 tablespoons butter, melted
- 1 1/2 tablespoons flour
- 1/4 teaspoon salt, Dash pepper
- 1 teaspoon paprika
- 1 1/4 cups water, 2 bouillon cubes
- 3 1/2 cups Cooked Fresh Lima Beans
- 2 tablespoons chopped parsley

Blend butter, flour, salt, pepper and paprika together. Add water and bouillon cubes and cook for 5 minutes, stirring frequently. Add Lima beans and parsley and heat thoroughly. Serves 6 to 8.



### LIMA BEANS DE LUXE

3½ cups Cooked Fresh Lima Beans  
3 tablespoons butter, melted  
1 teaspoon sugar  
1 tablespoon minced parsley  
1½ cups hot top milk  
2 egg yolks, well beaten  
¼ teaspoon salt  
Paprika

Combine beans, butter, sugar and parsley in saucepan and heat slowly to boiling. Heap beans into serving dish. Stir milk into egg yolks, add salt and cook slowly (do not boil) 1 to 2 minutes. Pour sauce over beans and sprinkle with paprika. Serves 6 to 8.

### LIMA BEANS WITH SAUSAGES

2 cups shelled fresh Lima beans  
1 can Vienna sausages

Prepare beans as for Cooked Fresh Lima Beans, adding sausages to beans 10 minutes before beans are tender. Serves 6.

*Fresh Lima beans with Vienna sausages make an easily prepared luncheon dish*

### BAKED LIMA BEANS

5 tablespoons butter  
3 tablespoons flour; 1¼ cups milk  
3½ cups Cooked Fresh Lima Beans  
½ teaspoon salt  
⅛ teaspoon pepper  
2 eggs, well beaten  
½ cup dry bread crumbs  
Melt 3 tablespoons butter; stir in flour, add milk gradually and cook slowly until thickened, stirring constantly. Press beans through sieve and combine with the sauce; add salt, pepper and eggs. Pour into greased baking dish, cover with bread crumbs, dot with remaining butter and bake in moderate oven (375°F.) about 20 minutes. Serves 6 to 8.

### COOKED BEETS

2 pounds beets  
½ to 1 cup water, ¾ teaspoon salt

**METHOD 1.** Pare and dice beets. Heat water and salt to boiling, add beets, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 25 to 40 minutes. Drain if necessary. (Makes about 4 cups.) To serve, season with pepper and butter, for 8.

**METHOD 2.** Pare and dice beets as Method 1, then place in casserole, add water and salt, cover and bake in moderate oven (375°F.) 45 to 50 minutes.

**METHOD 3.** Leave roots on beets and cut off tops leaving at least 2 inches of stems. Wash thoroughly, cover with boiling water and boil until tender. Allow 30 to 60 minutes for young beets, 1 to 3 hours for large beets. Drain, rub off tops, skins and roots. Slice, dice or serve whole, season as desired.

### HARVARD BEETS

¾ cup sugar  
2 teaspoons cornstarch  
⅓ cup vinegar  
⅓ cup water  
4 cups Cooked Beets  
3 tablespoons butter  
¼ teaspoon salt  
⅛ teaspoon pepper

Combine sugar and cornstarch; add vinegar and water and boil for 5 minutes. Add beets and simmer ½ hour. Add butter and season with salt and pepper. Serves 6 to 8.

Slice or dice beets





## BAKED BEET CASSEROLE

- 4 tablespoons butter, melted
- 4 tablespoons flour
- 1 cup water
- 4 tablespoons brown sugar
- ¼ teaspoon salt
- 3 tablespoons horse-radish
- 4 cups Cooked Beets
- ⅓ cup dry bread crumbs
- 3 tablespoons butter

Blend butter and flour, add water gradually and cook until mixture begins to thicken, stirring constantly. Add sugar, salt, horse-radish and beets. Pour into greased baking dish; cover with crumbs, dot with butter and bake in moderate oven (375°F.) about 20 minutes or until crumbs are browned. Serves 6 to 8.

## BEETS IN ORANGE SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- ¾ cup water
- 1½ teaspoons grated orange rind
- ¾ cup orange juice
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons sugar
- 3½ cups Cooked Beets, sliced

Melt butter, stir in flour and add water slowly. Add orange rind, orange juice, salt, pepper and sugar. Cook until smooth and thickened, stirring constantly. Add beets and heat. For 8.

## BUTTERED BEETS AND CELERY

- 3 tablespoons minced onion
- 3 tablespoons fat
- 2 cups Cooked Beets
- 2 cups Cooked Celery
- ½ teaspoon salt
- 1½ tablespoons vinegar

Sauté onion in fat until tender, add remaining ingredients and heat thoroughly. Serves 6 to 8.

## FRIED BEETS

- 4 cups sliced Cooked Beets
- ⅛ teaspoon pepper
- 4 tablespoons butter

Combine ingredients, cover and fry about 20 minutes. Serves 6.

## MINTED BEETS

- 3 tablespoons mint jelly
- 2 tablespoons butter
- 1 recipe whole Cooked Beets

Combine jelly, butter and beets. Heat slowly, stirring occasionally until beets are glazed. For 6.

## SOUR BEETS

- 2 tablespoons butter
- 2 tablespoons flour
- ½ cup water
- ¼ cup vinegar, ¼ cup cream
- 1 teaspoon sugar
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 4 cups Cooked Beets

Melt butter, stir in flour, add water gradually and cook until smooth, stirring constantly. Add remaining ingredients and heat to boiling. Serves 6 to 8.

## SPICED BEETS

- 4 cups Cooked Beets
- 2 small onions, sliced
- 1 cup water
- ¼ teaspoon salt
- ¾ cup vinegar
- 3 tablespoons sugar
- 10 cloves
- 1 (3-inch) stick cinnamon

Combine beets and onions. Mix water, salt, vinegar, sugar, cloves and cinnamon together in a saucepan. Simmer for 10 minutes; add beets and onions and heat thoroughly. Serves 6 to 8.

## SWEET BEETS

- ¼ cup butter
- 2 tablespoons sugar
- ¼ teaspoon salt
- 4 cups Cooked Beets

Combine butter, sugar, salt and beets and heat thoroughly, stirring occasionally. Serves 6 to 8.

**COOKED BEET GREENS**—Prepare and cook as directed for Cooked Spinach.

## COOKED BROCCOLI

- 2½ pounds broccoll
- Boiling water
- 1 teaspoon salt

Wash broccoli and split thick heads. Place broccoli in boiling salted water, with ends down and heads out of water. Cook uncovered 10 to 20 minutes. Then place all of broccoli under water and cook 5 minutes longer. Drain. (Makes about 4 cups.) To serve, season with pepper and butter. Serves 6 to 8.

**WITH WHITE SAUCE**—Combine with 1 cup White Sauce.

**WITH HOLLANDAISE SAUCE**—Serve cooked broccoli with 1 recipe Hollandaise Sauce.

## BROCCOLI WITH CHEESE

- 1 onion, minced
- 6 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 egg yolk
- 1 cup grated Parmesan cheese
- 1 recipe Cooked Broccoll
- ½ cup dry bread crumbs

Cook onion in 4 tablespoons butter until tender, stir in flour, add milk gradually and cook slowly until thickened, stirring constantly. Add salt, pepper, egg yolk and cheese. Pour half of sauce into greased baking dish, arrange broccoli on top of sauce, cover with remaining sauce, sprinkle with bread crumbs and dot with remaining butter. Bake in hot oven (400°F.) about 20 minutes. Serves 6 to 8.



## BROCCOLI AND SPROUTS

*Fresh green broccoli with Parmesan cheese is a treat you will not soon forget*

### BROCCOLI WITH CHEESE SAUCE

- 1 recipe Cheese Sauce
- 1 recipe Cooked Broccoli
- 4 tablespoons butter
- $\frac{1}{3}$  cup dry bread crumbs

Pour cheese sauce over hot broccoli. Melt butter, stir in crumbs and sprinkle over top of sauce. Serves 6 to 8.

### BROCCOLI PARMESAN

- 2½ pounds broccoli, cooked
- Butter
- Salt and pepper
- $\frac{3}{4}$  cup grated Parmesan cheese

Arrange broccoli on serving plates, season with butter, salt and pepper. Sprinkle generously with cheese. Serves 6 to 8.

### BROCCOLI SOUFFLÉ

- 3 eggs, separated
- $\frac{1}{2}$  cup hot thick white sauce
- 1 cup chopped Cooked Broccoli
- 2 tablespoons grated Parmesan cheese

Beat egg yolks and add to white sauce. Add broccoli and cheese. Fold in stiffly beaten egg whites. Pour into buttered baking dish and bake in moderate oven (350° F.) about 50 minutes. Serve with Cheese Sauce, for 4.

**BROCCOLI RING**—Use 2 eggs and  $\frac{3}{4}$  cup White Sauce. Do not separate eggs, beat slightly and combine with remaining ingredients. Bake in a buttered ring mold. Unmold and fill center with creamed eggs, creamed shrimp, creamed fish or creamed mushrooms.

### COOKED BROCCOLI RABE—

Prepare and cook as directed for Cooked Spinach.

### COOKED BRUSSELS SPROUTS

- 1½ pounds Brussels sprouts
- Boiling water to cover
- $\frac{3}{4}$  teaspoon salt

Remove wilted leaves from sprouts, wash and let stand in cold water 15 minutes. Place sprouts in saucepan, add boiling water and salt and cook uncovered 10 to 20 minutes. (Makes about 4 cups.) To serve, season with pepper and butter, for 6.

If desired, season with salt and pepper only and serve with a small pitcher of melted butter.

### BREADED BRUSSELS SPROUTS

- 4 cups Cooked Brussels Sprouts
- 1 egg, beaten
- $\frac{3}{4}$  cup dry bread crumbs
- Fat
- $\frac{1}{4}$  cup grated cheese

Dip Brussels sprouts into egg roll in crumbs and fry in hot deep fat (380°F.) until browned. Sprinkle with cheese. Serves 6.

### FRIED BRUSSELS SPROUTS

- 1 onion, chopped
- 3 tablespoons butter
- 4 cups Cooked Brussels Sprouts

Cook onion in butter until tender, add sprouts and toss gently until thoroughly heated, for 6.







*Sprouts and other pungent vegetables may be cooked without telling the whole world when tied in vegetable parchment*

## BRUSSELS SPROUTS AND CELERY

- 1½ cups chopped celery
- 4 tablespoons butter
- 3 tablespoons flour
- 1½ cups scalded milk
- 1 recipe Cooked Brussels Sprouts
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ½ cup dry bread crumbs

Cook celery in 3 tablespoons butter for 2 minutes. Blend in flour, add milk gradually and

heat to boiling. Add sprouts, salt and pepper. Pour into greased baking dish, cover with bread crumbs, dot with remaining butter and bake in hot oven (400° F.) about 20 minutes. Serves 6 to 8.

## BRUSSELS SPROUTS IN PARCHMENT

- 1½ pounds Brussels sprouts
- 2 tablespoons butter
- ½ teaspoon salt
- ⅛ teaspoon pepper

Clean sprouts. Place in cooking parchment with butter, salt and pepper. Tie. Cook in boiling water 15 minutes. Serves 6.

## SPROUTS AND CABBAGE

### COOKED CABBAGE

- 2 pounds cabbage
- Boiling water to cover
- ¾ teaspoon salt

Remove outer leaves; cut cabbage into quarters, chop or shred. Place in saucepan, cover with boiling water, add salt and cook uncovered until tender. Allow 8 to 10 minutes for young cabbage and 15 to 20 minutes for older cabbage. (Makes about 5 cups cooked.) To serve, season with pepper and butter. Serves 6.

### SCALLOPED CABBAGE

- 5 cups Cooked Cabbage
- 1 recipe White Sauce
- ½ cup dry bread crumbs
- 3 tablespoons butter

Place cabbage in greased baking dish, add white sauce, cover with crumbs and dot with butter. Bake in hot oven (400°F.) 15 to 20 minutes. Serves 6 to 8.

**CABBAGE WITH CHEESE —** Sprinkle with ½ cup grated cheese instead of bread crumbs and butter.

## CABBAGE AND CELERY CASSEROLE

- ½ cup chopped celery
- 5 tablespoons butter
- 3½ cups chopped cabbage
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup White Sauce
- 1 tablespoon chopped pimiento
- ¼ cup dry bread crumbs

Cook celery in 3 tablespoons butter 10 minutes, stirring frequently. Add cabbage and cook 10 minutes longer. Pour into greased baking dish, add salt, pepper, white sauce and pimiento. Sprinkle bread crumbs over top, dot with remaining butter and bake in moderate oven (350°F.) about 20 minutes. Serves 6 to 8.



### CABBAGE COOKED IN MILK

- 2 cups rich milk
- 5 cups shredded cabbage
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Scald milk in top of double boiler, add cabbage and stir thoroughly. Cover tightly and cook over hot water 15 to 20 minutes, stirring occasionally. Season with salt and pepper. Serves 6 to 8.

### SWEET AND SOUR CABBAGE

- 2½ pounds red cabbage
- 2 tablespoons fat
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 4 cloves
- $\frac{1}{2}$  teaspoon allspice
- $\frac{1}{2}$  cup sugar
- Boiling water to cover
- 3 tart apples
- $\frac{1}{2}$  cup vinegar

Slice cabbage fine and place in kettle. Add fat, salt, pepper, spices, sugar and water to cover. Heat. Pare, core and slice apples, add to cabbage and cook 1 hour. Add vinegar and simmer 1 hour longer. Serves 6 to 8.

### CABBAGE WITH TART SAUCE

- 1 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons lemon juice
- 5 tablespoons butter, melted
- 1½ tablespoons horse-radish
- 1 teaspoon paprika
- 5 cups Cooked Cabbage

Combine first 6 ingredients and add to hot cabbage. Serves 6.

### COOKED CHINESE CABBAGE

- 2 pounds Chinese cabbage
- 1 teaspoon salt
- Boiling water

Wash Chinese cabbage, cut into small pieces and cook in salted water to cover for 7 minutes, or until tender. Serves 6 to 8.

### CHINESE CABBAGE WITH PARSLEY

- 4 cups Cooked Chinese Cabbage
- $\frac{1}{2}$  cup cream
- 6 tablespoons butter
- 1 teaspoon salt
- 2 tablespoons minced parsley

Combine ingredients and heat thoroughly. Serves 6 to 8.

### BAKED CHINESE CABBAGE

- 4 cups Cooked Chinese Cabbage
- $\frac{1}{8}$  teaspoon paprika
- 2 eggs, beaten
- 2 cups milk
- $\frac{1}{4}$  teaspoon salt

Arrange cabbage in greased baking dish and season with paprika. Combine eggs, milk and salt and pour over cabbage. Place dish in pan of hot water. Bake in moderate oven (350°F.) 40 minutes or until firm. Serves 8.

Omit milk. Add 1 cup Stewed Tomatoes and 1 tablespoon minced onion.

### COOKED RED CABBAGE

- 2 pounds red cabbage
- $\frac{3}{4}$  teaspoon salt
- Boiling water
- 4 tablespoons lemon juice

Cut cabbage into eighths, place in saucepan, add salt and cover with water. Cook uncovered 15 to 20 minutes. Drain and sprinkle with lemon juice, for 6.

*Cabbage should be white and slightly crisp when it comes to the table*





## CABBAGE AND CARROTS

### CARROT CROQUETTES

- 4 cups Cooked Carrots
- ½ teaspoon salt
- ½ teaspoon nutmeg
- 1 egg, beaten
- 2 tablespoons butter, melted
- 1 cup dry bread crumbs
- Fat, Parsley

Mash or press carrots through coarse sieve. Add salt, nutmeg, egg and butter and mix thoroughly. Form into shapes resembling carrots, roll in bread crumbs and chill for several hours. Fry in hot deep fat (380°F.) until browned. Drain on absorbent paper, tuck a sprig of parsley in top and serve at once, for 8.

### BROWNE CARROTS

- 12 medium carrots
- ½ teaspoon salt
- ¼ teaspoon pepper

Scrape carrots. Sprinkle with salt and pepper and bake in pan with pot roast or any meat that is cooked covered. Serves 6 to 8.

### MASHED CARROTS

- 4 cups Cooked Carrots
- ½ teaspoon pepper
- 3 tablespoons butter, melted
- 4 tablespoons hot cream

Mash carrots; add pepper and butter. Place saucepan over boiling water or low heat and beat until carrots are light and smooth. Add cream. Serves 6 to 8.

### CARROTS AND PEAS

- 2 cups Cooked Carrots
- 2 cups Cooked Peas
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons butter, melted

Combine freshly cooked carrots and peas. Season with salt and pepper and add butter. Garnish with parsley. Serves 6 to 8.

### RED CABBAGE WITH VINEGAR SAUCE

- 1 cup vinegar
- 1 tablespoon brown sugar
- 2 cloves
- ½ bay leaf
- ¼ teaspoon salt
- Sprig parsley
- 2 teaspoons grated onion
- 5 cups Cooked Red Cabbage

Simmer first 6 ingredients for 5 minutes, strain; add onion and pour over hot cabbage, for 8.

### SPICED RED CABBAGE

- 2 tablespoons mixed spices
- 3 quarts water
- 1 teaspoon salt
- 2 pounds red cabbage, shredded
- 4 tablespoons brown sugar
- 4 tablespoons vinegar
- 3 tablespoons butter

Place spices in a bag. Heat water and salt to boiling, add cabbage and spices and cook 30 minutes. Drain. Dissolve sugar in vinegar, add butter and combine with cabbage. Serves 6 to 8. Instead of plain vinegar, use 4 tablespoons basil vinegar.

*Carrot croquettes with parsley for the green tops will please the grown-ups and delight the children*

### COOKED CARROTS

- 2 pounds carrots
- ½ to 1 cup water
- ¾ teaspoon salt

Scrape carrots and cut as desired. Heat water and salt to boiling, add carrots, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 20 to 30 minutes. Drain, if necessary. (Makes about 4 cups cooked.) To serve, season with pepper and melted butter, for 6.

### BAKED CARROTS

- 18 small carrots
- ⅓ cup butter, ½ cup sugar
- 1 teaspoon salt
- ⅓ teaspoon cinnamon
- ⅓ cup boiling water

Scrape or pare carrots and place in casserole. Cream butter, sugar, salt and cinnamon together; add water and blend well. Pour over carrots, cover and bake in moderate oven (350°F.) 1½ hours. Serves 6 to 8.



## CARROT SOUFFLÉ

- 3 tablespoons butter
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1 cup hot milk
- 3 eggs, separated
- 2 cups Cooked Carrots, mashed

Melt butter, add flour and salt. Add milk gradually; cook slowly until thickened, stirring constantly. Beat egg yolks, add white sauce slowly, then stir in carrots. Cool. Beat egg whites until stiff and fold into mixture. Pour into greased casserole or mold, place in pan of hot water and bake in moderate oven (350° F.) 40 to 50 minutes. Serves 6.

## CARROT AND CELERY SOUFFLÉ

- 1 cup dry bread crumbs, Milk
- 1 1/4 cups Cooked Carrots, mashed
- 1/2 cup chopped celery
- 2 tablespoons minced onion
- 2 eggs, separated
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Soak bread crumbs in enough milk to moisten, add carrots, celery, onion and beaten egg yolks. Beat egg whites until stiff and fold into mixture; season with salt and pepper. Pour into greased baking dish and bake in moderate oven (350°F.) 30 to 40 minutes. Serves 6 to 8.

## LYONNAISE CARROTS

- 2 small onions, minced
- 1/4 cup butter
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups Cooked Carrots
- 1 tablespoon minced parsley

Brown onions in butter; add salt, pepper and carrots. Cover and cook slowly about 15 minutes. Sprinkle with parsley. Serves 8.

## CARROT AND GREEN BEAN CASSEROLE

- 1 tablespoon chopped onion
- 3 tablespoons fat
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups milk; 2 eggs, beaten
- 1/2 cup grated cheese
- 1 3/4 cups Cooked Green Beans
- 1 3/4 cups Cooked Carrots, sliced
- 1/2 cup bread crumbs
- 3 tablespoons butter

Cook onion slightly in fat, add flour and seasonings; blend well. Add milk gradually and cook until slightly thickened; add to eggs and cook slowly 1 minute, stirring constantly. Add grated cheese and stir in vegetables. Pour into greased baking dish, cover with crumbs, dot with butter and bake in moderate oven (350°F.) 30 minutes. Serves 8.

## PARSLEY CARROTS

- 4 cups Cooked Carrots
- 1/8 teaspoon pepper
- 2 tablespoons butter, melted
- 4 tablespoons chopped parsley

Season carrots with pepper and butter. Add parsley and toss carrots lightly until well coated with green. Serves 6 to 8.

## CARROTS WITH CHEESE

- 3 tablespoons butter, melted
- 3 tablespoons flour
- 1 1/2 cups milk
- 1/2 teaspoon salt
- Dash cayenne
- 3/4 cup grated cheese
- 3 1/2 cups Cooked Carrots

Blend butter and flour, add milk slowly and cook until thickened, stirring constantly. Add seasonings and 1/2 cup cheese. Place carrots in buttered baking dish, cover with sauce and sprinkle top with remaining cheese. Bake in moderate oven (350°F.) 15 minutes. Serves 6 to 8.

## CARROT RING

- 2 cups diced Cooked Carrots
- 1/2 teaspoon minced onion
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3 eggs, well beaten
- 1 cup milk

Combine ingredients. Pour into a buttered ring mold and bake in a moderate oven (350°F.) 40 minutes. Unmold and fill with seasoned Cooked Peas. Serves 6.

*Ring out the old, ring in the new combination of carrots and green peas*





## CAULIFLOWER FRITTERS

- 1 cup sifted flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- Dash mace
- 1 cup chopped Cooked Cauliflower
- 1 egg, beaten
- ½ cup milk
- 2 tablespoons butter, melted

Sift dry ingredients together and add cauliflower. Combine egg, milk and butter; add to flour mixture and stir until smooth. Drop by tablespoons into hot deep fat (365°F.). Cook 3 to 5 minutes or until browned. Drain on absorbent paper. Serves 6 to 8.

## FRENCH FRIED CAULIFLOWER

- 4½ cups Cooked Cauliflowerrets
- 1 or 2 eggs, slightly beaten
- 1 cup dry bread crumbs

Dip cauliflower into egg, roll in crumbs and fry in hot deep fat (380°F.) until brown. Drain on absorbent paper. Serves 6 to 8.

## CAULIFLOWER WITH BROWNED CRUMBS

- ¾ cup bread crumbs
- 6 tablespoons butter
- ⅛ teaspoon paprika
- 4½ cups Cooked Cauliflowerrets

Brown crumbs in butter, add paprika and sprinkle mixture over hot cauliflower. Serves 6 to 8.

## SAUTÉED CAULIFLOWER

- 5 tablespoons butter
- 4½ cups Cooked Cauliflowerrets
- ½ teaspoon salt
- ¼ teaspoon white pepper

Melt butter, add flowerets, salt and pepper. Cover pan and cook slowly, shaking pan occasionally, until thoroughly heated. For 6.

## COOKED CAULIFLOWER

- 3 pounds cauliflower
- 1 teaspoon salt
- Boiling water

Let cauliflower stand in salted cold water, head down, about 30 minutes. Rinse in clear water and place in a saucepan. Add salt and water to cover and cook 20 to 30 minutes. Drain. (Makes about 4½ cups cooked.) To serve, season with pepper and butter. Serves 6 to 8.

**COOKED CAULIFLOWERETS—** Break cauliflower into flowerets and cook 10 to 12 minutes.

*Or serve your cauliflower with foaming hot brown butter sauce with brown crumbs*

## SWEET-SOUR CARROTS

- 2 tablespoons butter
- 2 tablespoons flour
- ½ teaspoon salt
- Pepper
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1 cup hot water
- 4 cups Cooked Carrots

Brown butter, blend in flour and continue browning, stirring constantly. Add seasonings. Combine sugar, vinegar and water and add to first mixture gradually; cook slowly until thickened, stirring constantly. Pour over hot carrots. Serves 6 to 8.

*A cauliflower head is the center of interest ringed about by mashed potato cups filled with fresh peas*



## CAULIFLOWER WITH TOMATO AND CHEESE SAUCE

- 4½ cups Cooked Cauliflowerrets
- 1 clove garlic, peeled
- 2 tablespoons fat
- 1 can condensed tomato soup
- ½ cup grated American cheese

Brown cauliflower and garlic in fat. Remove garlic, add soup and cheese and heat slowly until cheese is melted. Serves 6 to 8.

## COOKED CELERICAC

- 1 pound celeriac
- ½ to 1 cup boiling water
- ¾ teaspoon salt

Pare celeriac and cut into cubes. Place in saucepan, add water and salt, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer about 20 minutes or until tender. (Makes about 2 cups.) To serve, season with salt, pepper and butter. Serves 4.

*Cream sauce on cauliflower is delicious when light and expertly seasoned. Add crumbs if you like*

## COOKED CELERY

- 2½ pounds celery
- ½ to 1 cup water
- ¾ teaspoon salt

Wash celery and cut into short lengths. Heat water and salt to boiling, add celery, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer about 20 minutes. (Makes about 4 cups cooked.) To serve, season with pepper and butter. Serves 6 to 8.

## BRAISED CELERY

- 2 large Spanish onions, sliced
- 4 cups celery, cut into pieces
- 4 tablespoons butter, melted
- 1 tablespoon cornstarch
- 2 cups water, 2 bouillon cubes

Place onions in baking dish. Brown celery in melted butter. Blend cornstarch with a little water, add remaining water and bouillon cubes. Combine with browned celery and cook for 5 minutes. Pour over onions and bake in slow oven (325°F.) about 1 hour. Serves 6 to 8.

## COOKED CHAYOTE

- 1½ pounds chayotes
- ½ cup water, ¾ teaspoon salt

Pare chayotes and slice crosswise into ¾-inch slices. Heat water and salt to boiling, add chayotes, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer about 25 minutes. Drain. To serve, season with pepper and butter. Serves 6 to 8.

## FRIED CHAYOTE

- 1 recipe Cooked Chayote
- 1 egg, beaten
- 1 cup dry bread crumbs, Fat

Dip slices of chayote into egg, roll in bread crumbs and brown in fat. Serves 6 to 8.

## COOKED CHICORY

- 2 pounds chicory
- Boiling water, ¾ teaspoon salt

Wash chicory thoroughly, cover with water, add salt and cook uncovered 15 to 25 minutes. Drain thoroughly. To serve, season with butter and pepper. For 8.





## CHICORY WITH HOLLANDAISE

- 1 recipe Cooked Chicory
- 1 recipe Hollandaise Sauce

Chop freshly cooked chicory while hot, place in hot serving dish, cover with sauce and sprinkle with paprika. Serves 6 to 8.

## COOKED COLLARDS

- 3 pounds collards
- Boiling water to cover
- 1 teaspoon salt

Wash collards and drain. Cook uncovered in boiling salted water 15 minutes or until tender. Drain, chop and serve with butter and pepper. Serves 6.

**COLLARDS WITH MASHED POTATOES**—Cook 1 pound collards and 1 pound potatoes separately. Mash potatoes and mix with minced collards, add butter and beat thoroughly. Fill buttered baking dish and brown in hot oven (400°F.). Egg yolks may be added before baking.

*A casserole of fresh or leftover corn with sausages makes a simple and delicious luncheon*

## SCALLOPED CORN

- 3 cups cut uncooked corn
- 2 eggs, well beaten
- ½ teaspoon salt
- ¾ cup cracker crumbs
- 2 tablespoons butter
- 1 cup milk

Combine corn, eggs and salt. Place alternate layers of corn mixture and crumbs in greased baking dish; dot each layer with butter. Pour in milk and bake in slow oven (325°F.) about 30 minutes. Serves 6 to 8.

Use 2 cups Cut Cooked Corn instead of uncooked. Brown ½ pound pork sausages and arrange in alternate layers with corn and crumbs as above, saving some of sausages for the top. Bake as above.

## FRIED CORN

- 4 cups Cut Cooked Corn
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons minced green pepper
- 4 tablespoons fat

Combine corn, salt, pepper and green pepper and cook in fat about 20 minutes, stirring occasionally. Serves 6 to 8.

## BUTTERED CORN AND PEAS

- 2 cups Cut Cooked Corn
- 2 cups Cooked Peas
- 5 tablespoons butter
- ⅓ teaspoon pepper

Combine corn, peas, butter and pepper and heat thoroughly. Serves 6 to 8.

## BROILED CORN

- 3 cups Cut Cooked Corn
- ¼ teaspoon salt
- ⅓ teaspoon pepper
- 8 tablespoons cream
- ½ cup grated cheese
- Paprika

Place corn in greased shallow baking dish; sprinkle with salt and pepper; add cream and cover with grated cheese. Place under moderate broiler heat and broil about 20 minutes or until cheese melts and top is browned. Sprinkle with paprika before serving. Serves 6 to 8.

## CORN AND PEPPER FRITTERS

- 2 cups Cut Cooked Corn
- 2 tablespoons sugar
- ½ teaspoon salt
- ½ cup cream or evaporated milk
- 2 eggs, beaten
- ¼ cup chopped green pepper
- 1½ cups sifted flour
- 1½ teaspoons baking powder

Combine corn, sugar and salt; add cream, eggs and green pepper. Sift flour with baking powder and add to corn mixture; beat well and drop by tablespoons into greased skillet. Cook slowly until puffed and browned. Serve hot with Tomato Sauce. Serves 6.

*Where but in America will you find fragrant sweet corn with melting golden butter*









*For a neat appearance at table, cut the ends from corn before husking*

## CORN FRITTERS

- 1 cup sifted flour
- 1 teaspoon baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon paprika
- 2 cups Cut Cooked Corn
- 2 eggs, separated

Sift flour, baking powder, salt and paprika together. Add corn and beaten egg yolks; fold in stiffly beaten egg whites. Fry in hot deep fat (365°F.) until browned. Drain on absorbent paper. Serves 6 to 8.

## CORN O'BRIEN

- $\frac{3}{4}$  cup shredded green pepper
- 3 tablespoons butter
- $3\frac{1}{2}$  cups Cut Cooked Corn
- 3 tablespoons chopped pimiento
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Cook green pepper in butter 5 minutes. Add corn, pimiento, salt and pepper and cook 10 minutes longer, stirring lightly with fork. Serve at once. Serves 6 to 8.

## SOUTHERN CORN PUDDING

- 3 cups cut uncooked corn
- 3 eggs, slightly beaten
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 3 tablespoons melted fat
- 3 tablespoons sugar
- $1\frac{1}{8}$  cups scalded milk

Combine corn and remaining ingredients. Pour into greased baking dish and bake in slow oven (325°F.) 30 to 40 minutes or until firm. Serves 6 to 8.

One-half cup chopped walnuts and 2 teaspoons grated onion may be added.

## CORN AND CELERY

- 2 cups Cut Cooked Corn
- $1\frac{1}{2}$  cups diced Cooked Celery
- $\frac{1}{2}$  cup minced ripe olives
- $\frac{1}{2}$  cup minced green pepper
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon salt
- 4 tablespoons butter
- $\frac{1}{2}$  cup milk
- $\frac{1}{4}$  cup dry bread crumbs

Arrange corn, celery, olives and green pepper in alternate layers in greased baking dish; add seasonings, 2 tablespoons butter and milk. Cover with crumbs, dot with remaining butter and bake in moderate oven (350°F.) 45 minutes. Serves 6 to 8.

*Cutting corn from the cob is easier if it is held firmly with a skewer*

## CORN ON THE COB

- 8 ears sweet corn
- Boiling water

Remove husks and silks from corn, place in kettle and cover with boiling water. Cook 10 to 15 minutes. Drain. Serve on cob with butter and salt. Serves 6 to 8.

**CUT COOKED CORN**—Cut kernels from cob with a sharp knife, being careful not to cut too deep. Scrape remainder of kernels from cobs. Makes 2 cups.

**CREAMED CORN**—Combine 3 cups cut uncooked corn with 1 cup cream,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper. Simmer 10 to 15 minutes. Serves 6. Use milk instead of cream and add 2 tablespoons butter.



## COOKED CUCUMBERS

1½ pounds cucumbers  
½ to 1 cup water  
¾ teaspoon salt

Wash and cut cucumbers into thick slices or quarters. Heat water and salt to boiling, add cucumbers, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 10 to 15 minutes. Drain. (Makes about 4 cups cooked.) To serve, season with pepper and butter. Serves 6 to 8.

## CUCUMBERS WITH HOLLANDAISE

1 recipe Hollandaise Sauce  
4 cups Cooked Cucumbers  
Paprika

Pour sauce over hot cucumbers and sprinkle with paprika. Serves 8.

## FRIED CUCUMBERS

4 medium cucumbers  
1 teaspoon salt  
¼ teaspoon pepper  
¾ cup dry bread crumbs  
1 egg, slightly beaten

Pare cucumbers and cut into ¼ inch slices. Dry between towels, sprinkle with salt and pepper, dip into crumbs, into egg and again into crumbs. Brown in butter or fry in hot deep fat (380°F.) until browned. Drain on absorbent paper. Serves 6 to 8.

## BAKED STUFFED CUCUMBERS

—Pare 3 medium cucumbers, cut lengthwise into halves and hollow centers. Parboil 5 minutes in salted water. Drain and fill with mixture of 1 cup flaked salmon, ½ cup White Sauce, ⅓ cup chopped celery, 1 tablespoon each chopped parsley, green pepper and onion. Bake in 400°F. oven 30 minutes. Serves 6.

## DASHEEN

2 pounds dasheen  
½ to 1 cup water  
¾ teaspoon salt

Scrub dasheen. Heat water and salt to boiling, add dasheen, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 20 to 30 minutes or until tender. Peel and serve whole or diced with butter and pepper. Serves 6.

Dasheen may be prepared in any of the ways used for potatoes. They have an especially fine chestnut flavor if sliced thin and fried in hot deep fat.

Young dasheen leaves may be cooked as spinach or other greens.

## BREADED EGGPLANT

2-pound eggplant  
1 teaspoon salt  
⅛ teaspoon pepper  
1 egg, beaten  
1 cup cracker crumbs  
3 tablespoons butter

Pare eggplant and cut into ¼-inch slices. Sprinkle with salt and pepper. Dip into beaten egg and then into cracker crumbs. Place in greased baking pan; dot with butter and bake in hot oven (400°F.) 40 minutes or until browned. Serves 6 to 8.

## BAKED EGGPLANT

2-pound eggplant  
¾ teaspoon salt  
⅛ teaspoon pepper  
3 tablespoons flour  
1 egg, beaten  
½ cup dry bread crumbs  
¼ cup butter

Pare eggplant and cut into ¼-inch slices. Sprinkle with salt and pepper, dredge with flour, dip into egg and then into crumbs. Place in casserole, dot with butter and bake in slow oven (325°F.) about 1 hour. Serves 6 to 8.

**FRENCH FRIED**—Fry crumbed slices in hot deep fat (380°F.) 2 to 4 minutes or until a golden brown. Drain on absorbent paper.

## COOKED EGGPLANT

2-pound eggplant  
½ to 1 cup water  
¾ teaspoon salt

Pare eggplant and cut into ¼-inch slices. Heat water and salt to boiling, add eggplant, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 15 to 20 minutes. Drain if necessary. (Makes 3½ to 4 cups diced.) To serve, season with butter and pepper. Serves 6 to 8.

*The larger cucumbers, not suitable for salads, are excellent stuffed and baked*





## PLANKED EGGPLANT

- 1 large eggplant
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1½ cups grated American cheese
- 1½ cups soft bread crumbs
- 1 tablespoon grated onion
- 1 tablespoon tomato catchup
- 2 eggs, separated
- Salt and pepper
- Whole onions, cooked and buttered
- Broiled tomato halves
- Mashed potatoes

Wash eggplant, cut lengthwise into halves and scrape out centers, leaving ½-inch shells. Cook pulp in small amount of water until tender, mash and drain. Melt butter, blend in flour, add milk gradually and cook, stirring constantly until thickened. Add mashed eggplant, cheese, crumbs, onion, catchup and egg yolks. Season. Fold in beaten egg whites and fill shells. Bake in moderate oven (350°F.) 1¼ hours. Place

hot shells on large plank, surround with onions and tomato halves. Force hot mashed potatoes through a pastry tube for a border. Heat in 350°F. oven 10 minutes. Garnish with parsley. Serves 4.

## EGGPLANT CASSEROLE

- 1½ pounds unpared eggplant, diced
- 3 medium onions, chopped
- 2 tablespoons butter
- 2 egg yolks, beaten
- ½ cup grated Parmesan cheese
- 1 teaspoon salt
- 1 cup dry bread crumbs

Cook vegetables in boiling water to cover about 20 minutes. Drain. Add remaining ingredients and pour into greased casserole. Bake in moderate oven (350°F.) 30 minutes or until browned, for 6.

*The skilled producer offers planked stuffed eggplant as a double feature*

## EGGPLANT FRITTERS

- 2 tablespoons flour
- 1 egg, beaten
- 3 cups Cooked Eggplant, mashed
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Dash cayenne
- Fat

Stir flour and egg into eggplant. Beat until very light. Season. Drop by tablespoons into hot deep fat (375°F.) and fry until brown. Serves 6 to 8.

## COOKED FENNEL

- 2 pounds fennel
- Boiling water
- 1 teaspoon salt
- 4 tablespoons butter, melted
- Pepper

Wash and scrape fennel. Cut bulb and stalks into 1-inch pieces. Cover with boiling water, add salt and cook covered 15 to 20 minutes. Drain. Serve with butter and a dash of pepper. Serves 6.





**BRAISED FENNEL**

2 pounds fennel  
 1/3 cup butter  
 1 teaspoon salt  
 1 cup meat stock  
 Dash pepper

Wash and scrape fennel. Cut into 1-inch pieces. Simmer in butter until lightly browned. Add salt, meat stock and pepper and simmer until tender, about 20 minutes. Serves 6.

**KALE WITH SOUR CREAM**

4 cups Cooked Kale  
 1 tablespoon butter  
 1 teaspoon sugar  
 1 teaspoon salt  
 1/8 teaspoon pepper  
 1 teaspoon lemon juice  
 1 cup sour cream

Place kale in saucepan; add butter, sugar, salt, pepper and lemon juice and heat thoroughly. Reduce heat and stir in sour cream gradually. Serves 6 to 8.

**COOKED KALE**

4 pounds kale  
 Boiling water

Wash kale and remove all the heavy stems. Place in saucepan, add water to cover and cook uncovered 25 to 35 minutes or until tender. (Makes about 3 1/2 cups.) Drain. To serve, season with salt, pepper and butter. Serves 6 to 8.

**SCALLOPED**—Combine 3 cups Cooked Kale with 3 hard-cooked eggs, chopped, and 1 cup White Sauce. Arrange in alternate layers with 1 cup grated cheese and bake at 400°F. 15 minutes. Serves 6.

**KALE IN EGG SAUCE**

1 recipe Egg Sauce  
 4 cups Cooked Kale  
 Paprika

Pour hot sauce over freshly cooked kale. Sprinkle paprika over top. Serves 6 to 8.

**COOKED KOHLRABI**

2 pounds kohlrabi  
 Boiling water  
 1/2 teaspoon salt

Pare kohlrabi and cut into cubes or slices. Let stand in water with 2 tablespoons vinegar for 1 hour. Rinse, place in saucepan, cover with water and add salt. Cook uncovered 20 to 35 minutes. (Makes about 4 cups diced, cooked.) Drain. To serve, season with salt, pepper and butter. Serves 6 to 8.

Serve Cooked Kohlrabi with hot Hollandaise Sauce.

**KOHLRABI IN EGG SAUCE**

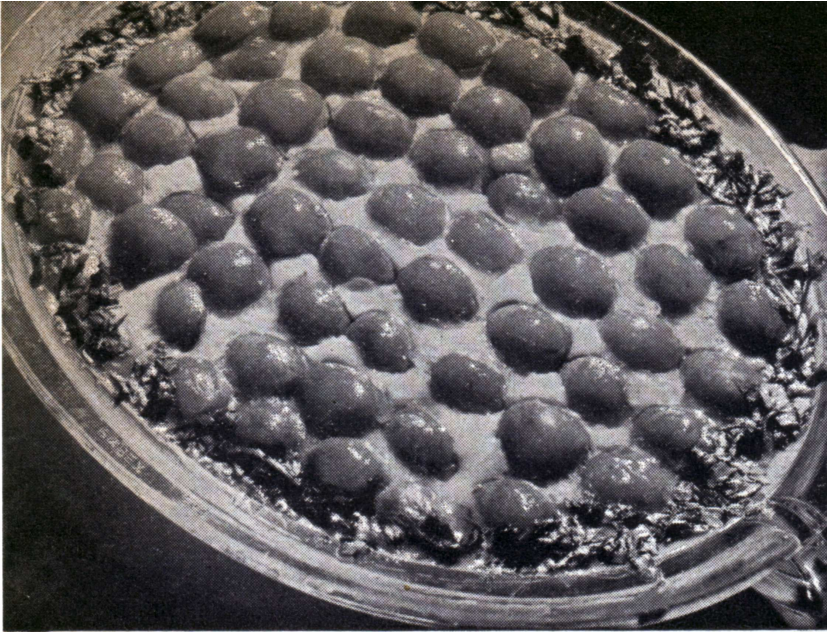
4 cups Cooked Kohlrabi  
 1 recipe Egg Sauce

Combine kohlrabi and egg sauce. Heat thoroughly. Serves 6 to 8.

*For a Pan-American accent for your dinner party try mushrooms with Brazil nuts*







## LEEKS AND MUSHROOMS

*Consider mushrooms baked in cheese sauce with spinach for your vegetable entrée*

### SAUTÉED MUSHROOMS

- 1 pound mushrooms
- 3 tablespoons butter
- ½ teaspoon salt
- Dash pepper

Cut off all but ½ inch of mushroom stems. Wash mushrooms thoroughly, leave whole or slice and cook, covered, in butter 10 to 15 minutes. Season with salt and pepper. Serves 6 to 8.

### LEEKS AU GRATIN

- 2 bunches leeks
- Boiling water
- 1 teaspoon salt
- Pepper
- ½ cup grated cheese

Wash and trim leeks. Cook until tender, about 15 minutes in boiling salted water to cover. Drain. Arrange in buttered baking dish, sprinkle with pepper and cheese. Heat under broiler until cheese is melted. For 8.

### WILTED LETTUCE

- 1 head lettuce, shredded
- ½ teaspoon salt
- 3 slices bacon
- 1 small onion, diced
- ½ cup vinegar
- 1 tablespoon sugar
- 1 hard-cooked egg, sliced

Shred lettuce into 1-inch strips, place in hot serving dish, sprinkle with salt and let stand 10 minutes. Dice bacon, cook until crisp, remove from fat and cook onion in fat until tender. Add vinegar and sugar; when hot, pour over lettuce, mix with fork, sprinkle with bacon and garnish with egg slices. Serve at once. Serves 6 to 8

### BROILED MUSHROOMS

- 12 large mushrooms
- 2 tablespoons butter
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Scrub mushrooms and remove stems. Place caps on greased broiler rack, cap side down, about 3 inches below source of heat. Broil 3 minutes, then turn over and broil 3 minutes longer. Put a piece of butter in each cap, sprinkle with salt and pepper and broil until butter melts. Serve on buttered toast. Serves 6.

### CREAMED MUSHROOMS

- 1 pound mushrooms
- 5 tablespoons butter
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons flour
- 1½ cups milk

Cut off all but ½ inch of mushroom stems. Wash mushrooms thoroughly, dry and slice. Cook mushrooms in butter until nearly tender; add salt, pepper and flour and mix well. Add milk gradually and simmer 5 to 8 minutes, stirring constantly. Serves 6 to 8.

### MUSHROOMS STUFFED WITH BRAZIL NUTS

- 1½ pounds large mushrooms
- 1 onion, chopped
- ¼ cup butter
- 1 cup soft bread crumbs
- 1 cup ground Brazil nuts
- 1 teaspoon salt, Pepper
- 1 tablespoon tomato catchup
- 1 tablespoon lemon juice
- 3 strips bacon
- ½ cup cream

Wash mushrooms and remove stems. Cook chopped stems and onion in butter 5 minutes. Add crumbs and nuts. Cook 2 minutes. Add seasonings. Stuff mushrooms with mixture, place in baking dish, garnish with narrow strips of bacon and pour cream around them. Bake in hot oven (400°F.) 25 minutes. Serves 6.

**BAKED MUSHROOMS**—Combine 1 cup milk with 1 cup grated cheese, 1 tablespoon grated onion, 1 teaspoon salt and ¼ teaspoon mustard. Line baking dish with Cooked Spinach, fill with 1½ pounds mushrooms and add milk mixture. Bake in moderate oven (350°F.) 30 minutes or until mushrooms are tender. Serves 6.





### COOKED MUSTARD GREENS—

Prepare and cook as directed for Cooked Spinach.

### COOKED OKRA

2 pounds okra  
 $\frac{3}{4}$  teaspoon salt  
 Boiling water

Wash okra and cut off stems. Cut into  $\frac{1}{2}$ -inch slices and place in saucepan. Add salt, cover with water and cook uncovered 15 to 25 minutes. Drain. To serve, season with pepper, butter and vinegar. Serves 6 to 8.

### FRIED OKRA

2 pounds okra  
 1 egg, beaten  
 $\frac{3}{4}$  cup corn meal  
 Fat

Wash okra, cut off stems and cut into  $\frac{1}{4}$ -inch slices. Dip into egg, roll in corn meal and fry in hot deep fat (365°F.) until browned. Drain on absorbent paper. Serves 6 to 8.

**OKRA CREOLE**—Brown  $\frac{1}{4}$  cup sliced onion and 1 green pepper, chopped, in 3 tablespoons bacon fat. Add 18 okra pods, sliced; cook 5 minutes and add 2 chopped tomatoes and 1 cup cut corn. Simmer 15 minutes or until okra is tender and season with salt and paprika. Serves 8.

### OKRA IN TOMATO SAUCE

$1\frac{1}{2}$  pounds okra  
 1 small onion, sliced  
 3 tablespoons butter  
 $\frac{1}{4}$  cups Tomato Sauce  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
 3 tablespoons chopped parsley

Wash okra and cut off stems. Cut into  $\frac{1}{2}$ -inch slices. Brown onion in butter, add okra and cook about 5 minutes. Place in greased baking dish, add tomato sauce, season and sprinkle with parsley. Bake in moderate oven (350°F.) about 30 minutes. Serves 6 to 8.

*An excellent use for left-over vegetables: stuffed onions with cheese sauce*

### OKRA AND TOMATOES

2 cups Cooked Okra  
 2 cups Stewed Tomatoes  
 1 tablespoon butter  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper

Simmer okra and tomatoes together about 5 minutes. Add butter, salt and pepper. Serves 6 to 8.

*The silver platter reflects credit upon the cook who stuffs onions with mushrooms*





## BAKED STUFFED ONIONS

- 6 large onions
- ½ cup grated cheese
- ½ recipe White Sauce
- ½ cup fine bread crumbs
- 1 tablespoon melted butter

Peel onions, place in a large amount of boiling salted water and boil uncovered 15 minutes. Remove and rinse in cold water. Remove centers, leaving a shell of 2 or 3 layers of onion. Chop centers and mix with grated cheese and sauce. Refill onions, top with crumbs and dot with butter. Bake in a moderate oven (350°F.) 20 to 25 minutes. Serves 6.

Mix ½ cup sliced mushrooms, sautéed with filling.

## COOKED ONIONS

- 2 pounds white onions
- Boiling water
- 1 teaspoon salt

Peel onions under cold water and place in saucepan. Cover with water, add salt and cook uncovered, 15 to 30 minutes. Drain. (Makes about 3½ to 4 cups cooked.) To serve, season with pepper and butter. Serves 6.

*Try your Spring tonic cooked and served with Hollandaise sauce*

## CREAMED ONIONS AND STRING BEANS

- 6 to 8 small Cooked Onions
- 3½ cups Cooked Green Beans
- 1 recipe White Sauce
- Paprika

Combine vegetables and white sauce and heat thoroughly. Sprinkle with paprika. Serves 6 to 8.

## FRIED ONIONS

- 1½ pounds dry onions
- 2 to 3 tablespoons fat
- ½ teaspoon salt
- ⅛ teaspoon pepper

Peel onions under cold water. Cut into thin slices and brown well in fat, stirring frequently. Add salt and pepper. Serves 6 to 8.

## GLAZED ONIONS

- 4 tablespoons melted butter
- 3 tablespoons lemon juice
- 6 tablespoons honey
- 3½ cups Cooked Onions

Combine first 3 ingredients, add cooked onions and heat slowly 8 minutes or until onions are glazed. Serves 6 to 8.

## GREEN ONIONS

- 4 bunches green onions
- 1 recipe Hollandaise Sauce

Trim onions and cook in boiling salted water until tender. Serve with Hollandaise sauce, for 4.

## FRENCH FRIED ONIONS

- 1½ pounds Bermuda onions
- 1 egg white, slightly beaten
- ⅓ cup milk
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¾ cup fine dry bread crumbs
- Fat

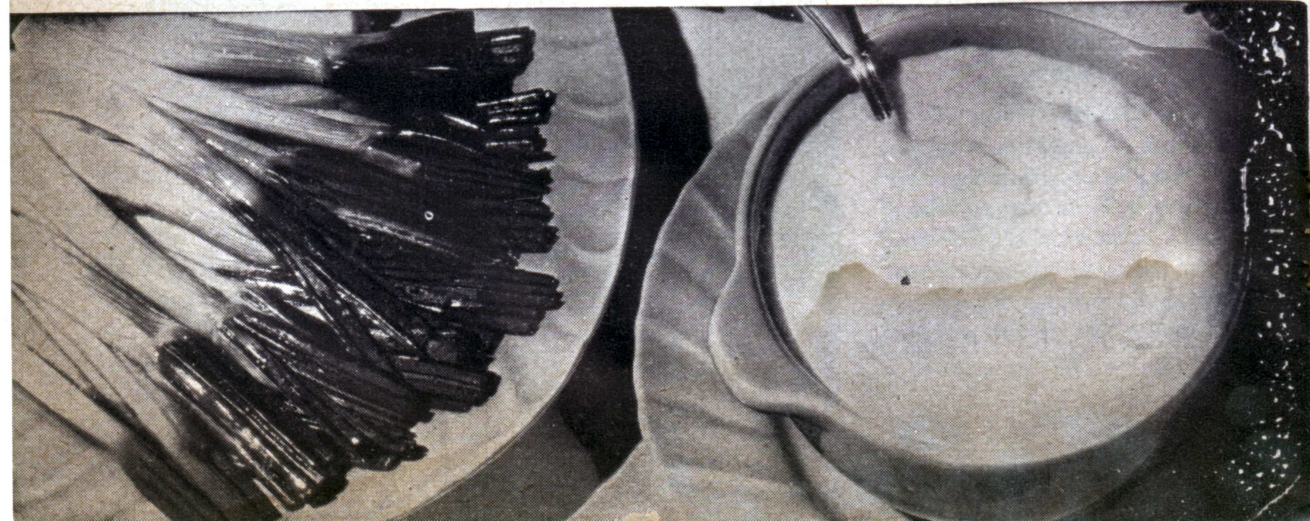
Peel onions under water and cut into slices about ⅓ inch thick, slash each slice to center and pull rings apart. Combine egg white and milk and dip onions into mixture, dust with salt and pepper and roll in bread crumbs. Place in frying basket and plunge into hot deep fat (365°F.) and fry until browned. Drain on absorbent paper. Serves 6 to 8.

**ONION RINGS**—Slice onions, separate into rings and fry in hot deep fat (365°F.).

## ONION CASSEROLE

- 3½ cups small white onions
- ⅓ cup strained honey
- ½ cup tomato catchup
- 1 tablespoon butter

Parboil onions in boiling salted water about 5 minutes; drain. Place in casserole. Combine honey and catchup and pour over onions. Dot with butter and bake in moderate oven (375°F.) 45 minutes or until onions are tender. Serves 6 to 8.





## ONIONS AND PARSNIPS

*Butter, salt and pepper are all you need add to garden-fresh early green peas*

### ONION SOUFFLÉ

- ½ cup dry bread crumbs
- ½ recipe White Sauce
- 1 egg yolk, beaten
- 1½ cups chopped Cooked Onions
- 2 egg whites, stiffly beaten

Soak bread crumbs in white sauce. Beat in egg yolk. Add onions and fold in egg whites. Place in greased baking dish and bake in moderate oven (350°F.) about 20 minutes. Serves 6 to 8.

### COOKED PARSNIPS

- 1½ pounds parsnips
- ½ to 1 cup water
- ¾ teaspoon salt

Pare parsnips and cut into cross-wise or lengthwise slices. Heat water and salt to boiling, add parsnips, cover tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 30 to 40 minutes. Drain if necessary. (Makes about 4 cups cooked.) Serve with butter and pepper. Serves 6 to 8.

### BAKED PARSNIPS

- 4 cups diced Cooked Parsnips
- ¼ cup melted butter
- ½ cup brown sugar
- 1 teaspoon dry mustard

Place parsnips in greased baking dish. Pour butter over parsnips and sprinkle with a mixture of sugar and mustard. Bake in hot oven (400°F.) about 20 minutes. Serves 6 to 8.

Arrange Cooked Parsnips in a shallow baking dish. Brush with butter and sprinkle with salt, sugar and paprika. Bake in a moderate oven (350°F.) about 15 minutes.



### FRIED PARSNIPS

- 1 recipe Cooked Parsnips
- Flour
- Fat
- ¼ teaspoon pepper

Dredge parsnips with flour. Brown in fat and drain on absorbent paper. Sprinkle with pepper. Serves 6 to 8.

### MASHED PARSNIPS

- 4 cups Cooked Parsnips
- 2 tablespoons butter
- ¼ teaspoon pepper

Mash parsnips and add butter and pepper. Place saucepan over low heat and beat parsnips until smooth and fluffy. Serves 6 to 8. Add 1 tablespoon minced parsley.

### PARSNIP FRITTERS

- 2 eggs
- 2 cups Mashed Parsnips
- ½ teaspoon salt
- 1 tablespoon butter
- ¾ cup milk
- 3 tablespoons flour
- Fat

Beat eggs until very light, add parsnips and beat well. Stir in salt, butter, milk and flour. Fry in a small amount of fat, turning to brown both sides. Garnish with parsley. Serves 6 to 8.

Increase butter to 3 tablespoons. Pour into hot greased skillet, cover and cook until browned.

*Late-season or canned peas are a luncheon treat with cream sauce and hard-cooked eggs*





## COOKED PEAS

- 4 pounds peas
- Water to cover
- 1 teaspoon salt

Shell and wash peas. Cover with boiling water, add salt and cook uncovered 15 to 20 minutes. Drain; saving liquid for soup, jellied salad or casserole dishes. (Makes about 4 cups cooked.) To serve, season with pepper and butter. Serves 6 to 8.

To retain the greater amount of minerals in the peas and to have a stronger flavor, cook peas as for Cooked Carrots. Lift the cover of pan at the end of 10 minutes and let out the steam to keep color. Cook until tender.

**CREAMED**—Combine 4 cups Cooked Peas with 1 to 2 cups White Sauce. Heat in oven or over direct heat. Garnish with sieved hard-cooked egg yolks and sliced hard-cooked egg whites. Serves 8.

Use Cream Sauce instead of White Sauce.

*Perfectly cooked vegetables attractively served and beautifully garnished are a real masterpiece*

## CREAMED PEAS AND ONIONS SERVED WITH HAM

- 1 slice broiled ham
- 3 cups hot Cooked Peas
- 12 hot Cooked Onions
- 1 recipe White Sauce

Surround a slice of broiled ham with peas, arrange onions on peas and pour white sauce over vegetables. Serves 6 to 8.

## MINTED PEAS

- 4 cups Cooked Peas
- 4 tablespoons butter
- 3 teaspoons chopped parsley
- 3 teaspoons chopped mint
- 1/8 teaspoon pepper

Combine hot peas, butter, parsley, mint and pepper. Heat thoroughly and serve immediately. Serves 6 to 8.

## PEAS AND MUSHROOMS

- 2 cups Cooked Peas
- 1 cup Sautéed Mushrooms

Combine vegetables and serve hot. Serves 6.

## PEA CROQUETTES

- 4 cups Cooked Peas
- 2 tablespoons minced onion
- 2 eggs, slightly beaten
- 1/2 cup bread crumbs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Force peas through a sieve and add remaining ingredients. Form into balls and fry in hot deep fat (380°F.) about 3 minutes. Serves 6 to 8.

## PEAS AND CELERY

- 2 cups diced celery
- 3 tablespoons fat
- 2 cups Cooked Peas
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup milk

Cook celery in fat until tender, about 4 to 6 minutes, stirring occasionally. Add peas, salt and pepper and heat thoroughly. Stir in milk and serve. Serves 6 to 8.

## PEAS AND ONIONS

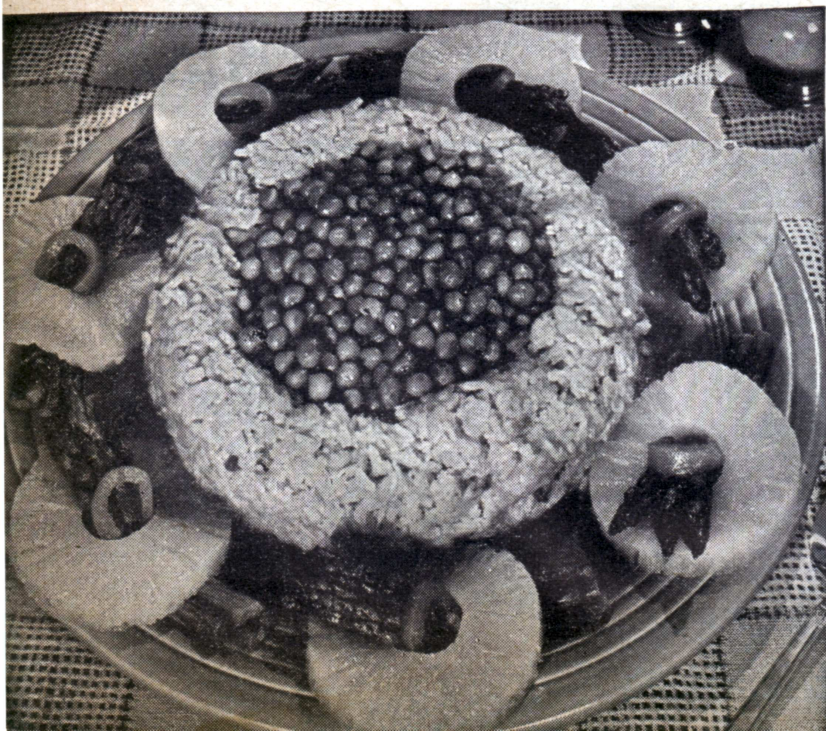
- 3 cups Cooked Peas
- 1 cup tiny Cooked Onions
- 3 tablespoons heavy cream
- 1/2 teaspoon sugar

Combine vegetables, add cream and sugar and heat thoroughly. Shake gently until vegetables are well coated with cream. Serves 6 to 8.

## MUSHROOM AND PEA CASSEROLE

- 1 pound mushrooms, sliced
- 2 tablespoons minced onion
- 3 tablespoons butter
- 2 cups hot cooked rice
- 2 1/2 cups seasoned Cooked Peas

Sauté mushrooms and onion in butter until tender, add rice and mix thoroughly. Place in buttered individual casseroles and top with peas. Heat in 300°F. oven 15 minutes. Serves 4.





### PIMIENTO NOODLE RING WITH PEAS

- 1 cup broken egg noodles
- 1½ cups hot milk
- 1 cup soft bread crumbs
- ¼ cup melted butter
- 1 pimiento, chopped
- 2 tablespoons minced green pepper
- 1½ cups grated American cheese
- ⅛ teaspoon onion salt
- ¾ teaspoon salt
- ⅛ teaspoon pepper
- Dash paprika
- 6 egg yolks, beaten
- 48 stalks Cooked Asparagus
- 12 Broiled Mushrooms
- 2½ cups Cooked Peas
- 1 cup White Sauce

Cook noodles in boiling salted water until tender. Drain and rinse with hot water. Combine with next 11 ingredients. Pour into buttered 8-inch ring mold. Place in pan of hot water and bake in moderate oven (350°F.) about 60 minutes. Arrange hot asparagus and mushrooms on round plate. Unmold noodle ring on top and fill with hot, seasoned peas. Pour white sauce around ring and garnish, if desired, with strips of pimiento. Serves 6.

### BOLOGNA CUPS WITH PEAS

- 6 (⅛-inch) slices Bologna
- 2 tablespoons butter
- 2 cups seasoned Cooked Peas
- 2 cups cooked rice
- 1 peeled tomato

Spread Bologna with butter, and place in heated broiler. As the slices heat they will take the shape of cups. Fill with hot peas and arrange around mound of rice. Cut tomato into wedges and place between cups. Garnish, if desired, with sliced hard-cooked egg and green pepper rings. Serves 6.

### PEA TIMBALES

- 1¾ cups pea purée
- 2 tablespoons melted butter
- 3 eggs, well beaten
- ½ teaspoon salt
- ⅛ teaspoon pepper

Blend ingredients and pour into individual molds; set molds in pan of hot water and bake in slow oven (325°F.) about 40 minutes or until firm. Serve with White Sauce. Serves 6.

### PEAS COOKED IN LETTUCE

- 2 pounds peas
- 1 head lettuce
- Salt and pepper
- Butter

Shell peas. Wash outside leaves of lettuce and place several layers in bottom of kettle. Place peas on top and cover with more washed lettuce leaves. Cover kettle closely and cook over low heat 20 minutes. Serve peas with salt, pepper, butter and liquid. Serves 4.

### PEAS WITH CHEESE

- 4 cups Cooked Peas
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup milk
- 1 cup grated cheese
- 2 tablespoons minced pimiento

Place peas in greased baking dish. Add salt, pepper and milk. Sprinkle cheese and pimiento over top and bake in hot oven (400°F.) about 20 minutes or until cheese is melted. Serves 8.

### PEAS WITH ONION BUTTER

- 1 medium onion, chopped
- 5 tablespoons butter
- ¼ teaspoon pepper
- ¼ teaspoon salt
- 3½ cups Cooked Peas
- ½ teaspoon cuminseed

Cook onion in butter until tender. Add pepper, salt, peas and cuminseed. Cover and cook slowly until peas are heated through. Serves 6 to 8.

*Slice the bologna straight, leave on the rind and broil for perfect cups*





## MUSHROOM FONDUE WITH PEAS

- 1½ cups sliced mushrooms
- ¼ cup minced green peppers
- ¼ cup diced celery
- 4 tablespoons butter
- 3 eggs, separated
- 1 teaspoon salt
- Dash pepper
- 1 tablespoon minced pimiento
- 2 cups soft bread crumbs
- ½ cup milk
- 2½ cups Cooked Peas
- 1 cup Cheese Sauce

Sauté mushrooms, peppers and celery in butter until tender. Add beaten egg yolks, salt, pepper, pimiento, crumbs and milk. Mix well; fold in stiffly beaten egg whites. Pour into buttered ring mold and bake in moderate oven (350°F.) until slightly browned, 30 to 45 minutes. Unmold and fill center with buttered and seasoned peas. Pour cheese sauce over top. Serves 4.

*This symphony in green and gold will bring a breath of Spring to the table at any time of year*

## FRENCH FRIED PEPPER RINGS

- 4 to 6 green peppers
- 1 egg, beaten
- ¾ cup dry bread crumbs
- Fat

Slice peppers into thin rings. Remove seeds and membrane. Dip rings into egg, then into crumbs and fry in hot deep fat (370°F.) until browned. Serves 6 to 8.

## PEPPERS STUFFED WITH CORN

- 6 to 8 green peppers
- 2 cups Cut Cooked Corn
- ¾ teaspoon salt
- ⅛ teaspoon pepper
- ½ cup grated cheese
- 2 tablespoons butter

Cut off stem end of peppers, remove seeds and parboil 2 minutes. Combine remaining ingredients and fill peppers with mixture. Place in baking dish and bake in moderate oven (350°F.) 10 to 15 minutes. Serves 6 to 8. Add ¼ cup stuffed olives, chopped, to mixture.

## BROILED PEPPERS

- 6 green peppers
- 3 tablespoons melted butter
- Salt

Cut peppers into quarters and remove seeds. Broil under moderate heat until edges curl. Add butter and sprinkle with salt. Serves 6 to 8.

## PEPPERS STUFFED WITH MACARONI

- 6 green peppers
- 1 cup cooked elbow macaroni
- ⅓ pound American cheese, grated
- 1 cup cooked tomatoes
- 1 cup soft bread crumbs
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon salt, Dash pepper

Cut a slice from top of each pepper and cook in boiling salted water 5 minutes. Drain. Mix remaining ingredients, saving ⅓ of cheese for top. Fill peppers with mixture, stand upright in pan and sprinkle remaining cheese on top. Bake in moderate oven (350°F.) 30 minutes. Serves 6.





## RADISHES AND SALSIFY

### PIMIENTOS FILLED WITH EGGPLANT

- 4 cups Cooked Eggplant
- 2 eggs, well beaten
- ½ cup soft bread crumbs
- ¼ cup butter
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Few drops onion juice
- 4 canned pimientos
- ¼ cup buttered crumbs

Mash eggplant and mix with eggs, crumbs, butter, salt, pepper and onion juice. Place pimientos in muffin pans and fill with eggplant mixture. Cover with buttered crumbs and bake in moderately hot oven (375°F.) 15 minutes. Remove from pans. Serves 4.

### BRAISED RADISHES

- 3 bunches radishes
- 3 tablespoons butter
- ½ teaspoon salt
- ¼ cup cream

Wash radishes, slice and cook in water to cover for 10 minutes. Drain. Cook in butter for 5 minutes, add salt and cream, cover and simmer 5 minutes longer. Serves 6 to 8.

### COOKED RADISHES

- 3 bunches radishes
- Boiling water
- ½ teaspoon salt

Wash radishes and remove leaves and roots; place in saucepan, cover with water, add salt and cook uncovered 15 to 20 minutes. Drain. To serve, season with pepper and butter. Serves 6 to 8.

### FRIED RADISHES

- 3 bunches radishes
- 2 tablespoons fat
- ½ teaspoon salt
- ⅛ teaspoon pepper

Wash radishes and slice. Fry in fat about 15 minutes, turning frequently. Season. Serves 6 to 8.



### COOKED SALSIFY

- 8 roots salsify or oyster plant
- 1 tablespoon vinegar
- Boiling water
- 1 teaspoon salt

Wash salsify, scrape clean and slice thin into water to which vinegar has been added. Drain. Cover with boiling water, add salt and cook until tender, 40 to 50 minutes. (Makes about 2½ to 3 cups.) To serve, add butter and pepper. Serves 6.

**MOCK OYSTERS.**—Combine 2 cups mashed Cooked Salsify, 1 egg, ½ teaspoon salt, dash paprika and 1 tablespoon butter. Shape into cakes and brown in fat.

*Tangy green peppers lend themselves admirably to a variety of fillings*

### SALSIFY IN CREAM SAUCE

- 4 cups Cooked Salsify
- 1 recipe Cream Sauce
- Paprika

Combine salsify and cream sauce and heat thoroughly. Sprinkle paprika over top. Serves 6 to 8. Add ⅓ cup grated cheese to hot cream sauce.

*Try stuffing peppers with macaroni and cheese for a new flavor treat*





## SALSIFY CASSEROLE

- 3½ cups Cooked Salsify
- ¾ cup chopped celery
- 1 recipe White Sauce
- ½ cup dry bread crumbs
- 3 tablespoons butter

Place alternate layers of salsify and celery in greased baking dish. Add white sauce, cover with bread crumbs and dot with butter. Bake in moderate oven (375°F.) about 25 minutes. Serves 6 to 8.

## SALSIFY PATTIES

- 4 cups Cooked Salsify
- 4 tablespoons butter
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Flour
- 4 tablespoons fat

Mash salsify, add butter, salt and pepper and mix thoroughly. Shape into small cakes, roll in flour and brown in fat. Serves 6 to 8.

**FRIED SALSIFY**—Boil whole salsify until tender. Drain, cut lengthwise into halves and roll in seasoned flour. Brown in fat.

*Fill the spinach ring with creamed shrimp and garnish with hard-cooked egg wedges*

## SALSIFY WITH CHIVES

- 4 cups Cooked Salsify
- 3 tablespoons butter
- 2 teaspoons chopped parsley
- ¾ teaspoon chopped chives
- ½ teaspoon salt
- ⅛ teaspoon pepper

Combine salsify and butter and heat thoroughly. Add parsley, chives, salt and pepper. For 8.

## COOKED SPINACH

- 2 pounds spinach

Discard wilted leaves and remove the roots of spinach. Wash quickly in warm water (not hot) to release sand, then wash several times in cold water. Place in saucepan, do not add water, cover tightly to prevent escape of steam and cook over low heat 10 to 15 minutes. Drain. (Makes about 3 cups cooked.) To serve, season with salt, pepper and butter.

**SPINACH SOUFFLÉ**—Combine 2 cups chopped Cooked Spinach, ½ cup White Sauce and 3 egg yolks, well beaten. Fold in 3 stiffly beaten egg whites, pour into greased baking dish and bake in 350°F. oven 25 to 30 minutes. Serves 6.

## BAKED SPINACH

- 2 pounds spinach
- 6 tablespoons flour
- 5 tablespoons fat, melted
- 1 cup milk; ½ teaspoon salt
- ⅛ teaspoon pepper
- 4 tablespoons grated cheese
- ¾ cup bread crumbs

Wash and chop spinach. Arrange in layers in greased baking dish, sprinkling flour between layers. Mix fat, milk, salt and pepper and pour over spinach. Combine grated cheese and bread crumbs and sprinkle over top. Bake in moderate oven (350°F.) about 1 hour. Serves 6 to 8.

## CHOPPED SPINACH

- 3 cups Cooked Spinach
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon nutmeg
- 2 tablespoons butter
- 1 tablespoon flour; ½ cup milk
- 2 hard-cooked eggs, sliced

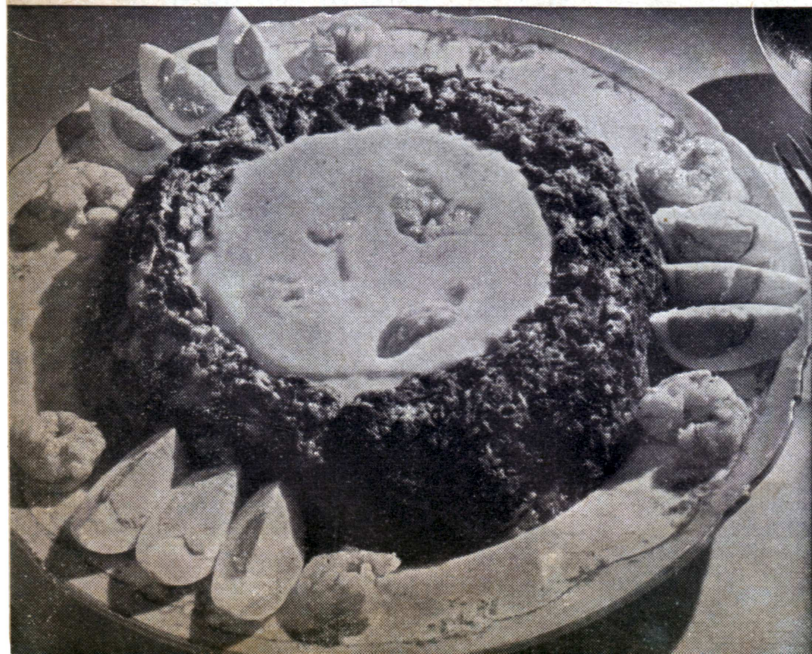
Chop spinach very fine and sprinkle with salt, pepper and nutmeg. Melt butter, stir in flour and cook until smooth. Add spinach and simmer 5 minutes; add milk and cook 3 minutes, stirring constantly. Garnish with egg slices. Serves 6 to 8.

**CREAMED SPINACH**—Brown 1 tablespoon minced onion and 1 thin slice garlic in butter. Increase milk to 1 cup.

## SPINACH RING

- 3 cups Cooked Spinach
- 1 cup White Sauce
- 3 eggs, beaten; ½ teaspoon salt
- ⅛ teaspoon pepper

Chop spinach fine, combine with white sauce, add eggs, salt and pepper and pour into greased ring mold. Place in pan of hot water and bake in moderate oven (350°F.) 30 to 40 minutes. Serves 6 to 8.







## SPINACH BALLS

- 4 tablespoons butter
- 4 teaspoons flour
- 2 teaspoons cream
- 1 1/4 cups Cooked Spinach, chopped
- 3 eggs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Dash mace
- 1/2 teaspoon sugar
- 1 recipe Cream Sauce

Melt butter, add flour and blend; add cream and spinach. Remove from heat, add eggs and seasonings and mix well. Drop from spoon into boiling salted water. Poach for 5 minutes or until firm. Serve in cream sauce. Serves 6 to 8.

## SPINACH CASSEROLE

- 3 cups Cooked Spinach
- 4 tablespoons minced onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 eggs, slightly beaten
- 1 cup milk
- 1/2 cup dry bread crumbs
- 2 tablespoons butter

Combine spinach, onion, salt and pepper. Stir eggs into milk and add to spinach mixture. Pour into greased casserole, sprinkle with crumbs, dot with butter and bake in hot oven (450°F.) about 15 minutes or until browned. For 6. Garnish, if desired, with sliced hard-cooked eggs.

## SPINACH WITH PEPPERS

- 3 tablespoons minced green pepper
- 1 tablespoon minced pimiento
- 3 tablespoons minced onion
- 6 tablespoons fat
- 3 cups Cooked Spinach
- 1 teaspoon salt
- 2 tablespoons lemon juice

Cook green pepper, pimiento and onion in fat. Add spinach and salt, heat thoroughly, add lemon juice and serve. Serves 6 to 8.

## SWEET-SOUR SPINACH

- 3 cups Cooked Spinach
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon vinegar
- 2 tablespoons butter

Chop spinach very fine, add salt, sugar and vinegar. Melt butter in saucepan, add spinach mixture and cook slowly until thoroughly heated, stirring constantly. Serves 6 to 8.

## LEFTOVER SQUASH

Brown leftover acorn squash in butter and sprinkle with a little sugar before serving. Steam leftover pieces of squash until soft; mash and serve with melted butter, salt and pepper.

*Stuffed acorn squash are as luscious as they are beautiful*

## STUFFED ACORN SQUASH

- 3 to 4 Baked Acorn Squash
- 3 tablespoons chopped onion
- 2 tablespoons fat
- 1/2 cup soft bread crumbs
- 1/4 cup water
- 1 egg
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup dry bread crumbs
- 3 tablespoons butter

Remove squash from shells and mash. Brown onion in fat, soak soft crumbs in water, mash and add to onion. Add squash and cook about 15 minutes, stirring occasionally. Stir in egg. Add salt and pepper, place mixture in squash shells, sprinkle with bread crumbs and dot with butter. Bake in moderate oven (375°F.) about 20 minutes or until browned. Serves 6 to 8.

Instead of above stuffing, fill 4 cooked squash with mixture of mashed squash pulp, 1 tablespoon each chopped onion and green pepper, 1/2 cup melted butter, 2 cups grated cheese, 4 cups soft bread crumbs, salt and pepper. Bake as above. Serves 8.



## BAKED ACORN SQUASH

- 3 to 4 acorn squash  
4 tablespoons butter, melted  
1 teaspoon salt  
Pepper

Wash squash; cut into halves and remove seeds and fibers. Wipe dry; brush with butter; sprinkle with salt and pepper. Place cut side down on cookie sheet and bake in slow oven (325°F.) 1 1/4 hours. Serves 6 to 8.

## SQUASH IN CASSEROLE

- 3 cups mashed Baked Squash  
1 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 cups White Sauce  
1/2 cup butter  
3/4 cup dry bread crumbs

Combine squash, seasonings and white sauce and stir well. Place alternate layers of squash and dots of butter in greased casserole. Top with crumbs, dot with butter and bake in moderate oven (350°F.) 30 minutes. Serves 6 to 8.

*Your family will vote this whole stuffed squash as good to eat as it is to look at*

## BAKED SQUASH

- 2 to 3 pounds Hubbard squash  
2 teaspoons salt  
6 tablespoons butter

Wash squash, remove seeds and cut into pieces for individual servings. Sprinkle each piece with salt and dot with 2 or 3 bits of butter. Place in casserole, cover closely and bake in moderate oven (350°F.) about 1 hour or until squash is tender.

To serve, dot each piece with butter and sprinkle with pepper. Serves 6 to 8.

Sprinkle 1 teaspoon brown sugar on each piece before baking.

Spread 1 teaspoon honey on each piece and sprinkle with cinnamon before baking.

## GLAZED HUBBARD SQUASH

- 4 cups pared cubed squash  
1/3 cup butter, melted  
1/2 teaspoon salt  
1 1/2 tablespoons brown sugar  
2 tablespoons lemon juice

Combine squash, butter, salt, brown sugar and lemon juice. Bake in shallow covered pan in hot oven (400°F.) 30 minutes. Remove cover, cook 15 minutes longer or until tender, for 8.

## BAKED SUMMER SQUASH WITH TOMATOES

- 2 pounds summer squash  
3 tomatoes, sliced  
2 medium onions, sliced  
1 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons butter

Wash squash, cut into halves, remove seeds and place in greased baking dish. Cover with tomato and onion slices, sprinkle with salt and pepper and dot with butter. Cover and bake in moderate oven (350°F.) about 45 minutes. Serves 6 to 8.

## COOKED SUMMER SQUASH

- 4 pounds summer squash  
1/2 cup water  
1 teaspoon salt

Pare squash, remove seeds and cut into cubes. Heat water to boiling, add salt and squash, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and cook 15 to 20 minutes. Drain if necessary. (Makes about 4 cups.) To serve, season with pepper and butter. Serves 6 to 8.

**STUFFED**—Cut off top of squash, remove seeds and steam 25 minutes. Cook 1/3 cup diced celery, 1/4 cup minced green pepper and 1/2 pound cubed ham in 1/4 cup fat until tender. Add 3 tablespoons flour and 1 1/2 cups milk. Cook until thickened. Add 1/4 cup sliced stuffed olives, 3 hard-cooked eggs, sliced, salt and pepper. Fill squash and heat in 325°F. oven 15 minutes. Serves 4

*By cooking stems and leaves separately, Swiss chard gives you two vegetables instead of one* →









## SUMMER SQUASH IN SOUR CREAM

- 4 pounds summer squash
- 1 teaspoon salt, 4 tablespoons fat
- ¼ teaspoon paprika
- 2 cups sour cream
- 2 tablespoons flour
- 2 onions, minced

Pare squash, cut into julienne strips, sprinkle with salt and let stand 1 hour. Drain. Melt fat, add paprika and squash and cook slowly 20 minutes or until tender. Combine sour cream and flour and add to squash mixture. Add onions and simmer about 5 minutes, stirring carefully. Serves 6.

## FRIED SUMMER SQUASH

- 4 pounds summer squash
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup dry bread crumbs
- 1 egg, beaten

Wash, pare and cut squash into ½-inch slices. Sprinkle with salt and pepper, cover with crumbs, dip into egg and again into crumbs. Fry in hot deep fat (375°F.) until brown. Drain on absorbent paper. Serves 6 to 8.

**COOKED SWISS CHARD**—Prepare and cook as directed for Cooked Spinach.

**SWISS CHARD WITH CHEESE SAUCE**—Cut stems from leaves and cook separately. Serve stems with cheese sauce. Chop greens and mix with sauce or serve with pepper, butter and vinegar.

## BAKED TOMATOES WITH ONIONS

- 18 small onions
- 3½ cups Stewed Tomatoes
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons brown sugar
- ¼ cup bread crumbs
- 2 tablespoons butter

Peel onions and drop into boiling water; parboil 20 minutes. Drain; combine tomatoes, salt, pepper and sugar and turn into casserole. Place onions in center. Sprinkle with bread crumbs and dot with butter. Bake uncovered in slow oven (325°F.) about 20 minutes. Serves 6 to 8.

*Wrap strips of bacon around tomatoes and crown with onions before broiling*

## BROILED TOMATOES

- 6 tomatoes
- Salt and pepper
- ¼ cup butter, melted

Cut firm, round tomatoes into halves and sprinkle with salt and pepper. Broil under medium heat about 10 minutes or until tender. Pour butter over tomatoes, garnish with parsley and serve at once. Serves 6.

**WITH BACON**—Omit butter and salt. Wrap each half tomato in 2 strips of bacon placed at right angles to each other, fastening on top with picks. Broil in preheated broiler until bacon is crisp. Top each with a pearl onion before serving.

## STEWED TOMATOES AND CELERY

- 1 pound tomatoes
- 1 cup cut celery
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon butter

Peel tomatoes and cook with remaining ingredients, 15 minutes. Serves 4.

Use chopped cabbage instead of celery; add 1 teaspoon grated onion.





**BAKED TOMATOES**

- 6 tomatoes
- ¼ cup chopped green pepper
- ¾ cup Cooked Corn
- 1 teaspoon salt
- ¼ teaspoon pepper
- 6 tablespoons dry bread crumbs
- 6 teaspoons butter

Cut tops from tomatoes and remove pulp, leaving a shell ¼-inch thick. Cover green pepper with boiling water and let stand 5 minutes. Drain. Mix tomato pulp, green pepper, corn and seasonings and fill tomato shells. Cover each with crumbs, dot with butter and bake in moderate oven (375°F.) 25 minutes. Serves 6.

**WITH RICE**—Omit corn and bread crumbs. Use 1 cup rice and 1 tablespoon onion with pulp.

**BAKED TOMATOES AND CORN**

- 2 cups Stewed Tomatoes
- 2 cups Cut Cooked Corn
- 1 green pepper, chopped
- 1 small onion, sliced
- 1 tablespoon butter
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup dry bread crumbs
- 2 tablespoons grated cheese

Simmer tomatoes about 5 minutes. Add corn, green pepper, onion, butter, salt and pepper and cook slowly 15 minutes. Place alternate layers of vegetable mixture and bread crumbs in greased baking dish ending with layer of crumbs. Sprinkle cheese over top and bake in hot oven (400°F.) about 20 minutes or until browned. Serves 6 to 8.

*Plump ripe tomatoes filled with a hearty stuffing and baked for luncheon are a credit to any hostess*

**FRIED GREEN TOMATOES**

- 6 to 8 green tomatoes
- Flour
- Salt and pepper
- Fat

Wash tomatoes and cut into ½-inch slices. Roll in mixture of flour, salt and pepper and fry slowly in fat until browned. Serves 6 to 8.

**STUFFED TOMATOES**

- 6 firm tomatoes
- 2 teaspoons minced onion
- Fat
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1½ cups soft bread crumbs
- 1 egg, slightly beaten
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped celery
- ¼ cup finely chopped cabbage

Wash tomatoes, cut off tops and scoop out centers. Chop pulp of tomatoes. Cook onion in fat until tender and combine with remaining ingredients. Fill tomato shells with mixture, replace tops and place in greased baking dish. Bake in moderate oven (375°F.) about 30 minutes. Serves 6.

**SAUTÉED TOMATOES**

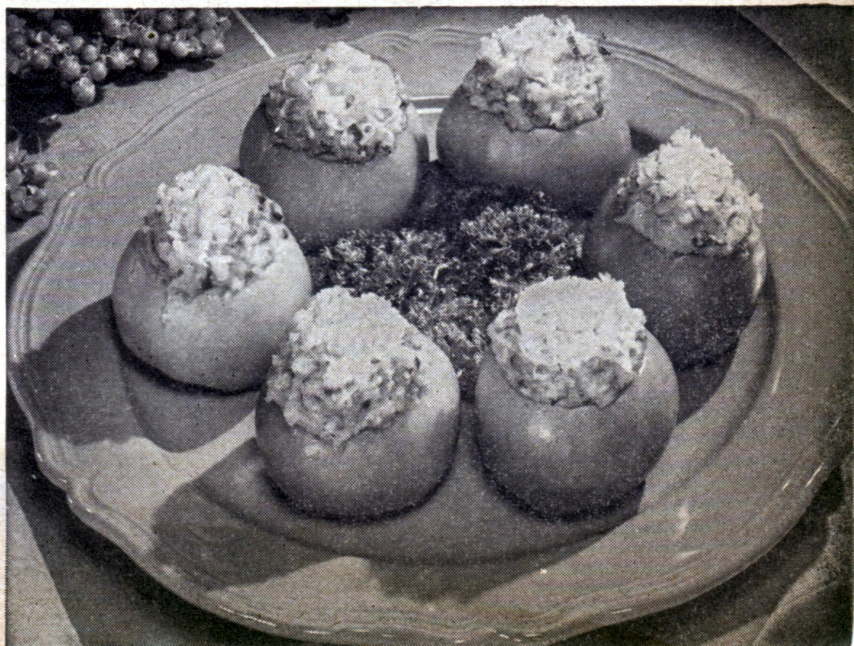
- 6 ripe tomatoes
- 4 tablespoons oil
- 2 tablespoons flour
- 1 tablespoon sugar
- ⅛ teaspoon nutmeg
- ½ teaspoon salt, Dash pepper
- ½ cup dry bread crumbs
- 4 tablespoons fat

Wash tomatoes and cut into ¼-inch slices. Marinate in oil and sprinkle lightly on both sides with mixture of flour, sugar and seasonings. Dip again into oil, then into bread crumbs and brown in fat. Serves 6 to 8.

**TOMATOES STUFFED WITH SPINACH**

- 6 firm tomatoes
- 2 cups Cooked Spinach
- 1 tablespoon melted butter
- ½ teaspoon salt
- ½ onion, minced

Wash tomatoes, cut off tops and scoop out centers. Combine spinach, butter, salt and onion and pack into tomato shells. Place in greased casserole and bake in moderate oven (375°F.) about 20 minutes. Serve with Egg Sauce. Serves 6.





**STEWED TOMATOES**

- 2 pounds tomatoes
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 2 teaspoons sugar
- 1 tablespoon butter

Wash tomatoes, peel and cut into pieces. Place in saucepan, cover tightly to prevent escape of steam and cook slowly about 15 minutes, stirring occasionally. Season with salt, pepper, sugar and butter. (Makes about 4 cups cooked.) To serve, sprinkle with croutons. Serves 6 to 8.

Add 1 tablespoon minced onion.

**SCALLOPED TOMATOES**

- 4 cups Stewed Tomatoes
- Few drops onion juice
- 1 cup dry bread crumbs
- 2 tablespoons butter

Season tomatoes with onion juice. Place  $\frac{1}{2}$  cup crumbs in bottom of baking dish, add tomatoes, cover with remaining crumbs and dot with butter. Bake in hot oven (400°F.) about 20 minutes or until browned. Serves 8.

**TOMATO FRITTERS**

- 1 cup sifted flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 egg, beaten
- $\frac{1}{2}$  cup milk
- 1 tablespoon butter, melted
- 6 firm medium tomatoes, chilled

Sift dry ingredients and add beaten egg. Stir milk in gradually. Add melted butter and beat mixture vigorously. Cut tomatoes into 3-inch thick slices and dip into the batter. Fry in hot deep fat (380°F.) until browned. Serves 6 to 8.

**BAKED TURNIPS**

- 2 pounds turnips
- $\frac{1}{4}$  cup butter
- $1\frac{1}{2}$  teaspoons salt
- $1\frac{1}{2}$  teaspoons sugar
- $\frac{1}{3}$  cup water

Pare turnips and cut into cubes. Place in baking dish with remaining ingredients. Cover closely and bake in moderate oven (350°F.) about 1 hour or until tender. Serves 6 to 8.

**COOKED TURNIPS OR RUTABAGAS**

- $2\frac{1}{2}$  pounds turnips
- $\frac{1}{2}$  to 1 cup water
- 1 teaspoon salt

Pare turnips and cut into cubes. Heat water and salt to boiling, add turnips, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 20 to 35 minutes. Drain if necessary. (Makes about 4 cups, mashed.) To serve, season with pepper and melted butter. Serves 6 to 8.

To prepare milder-flavored vegetable, cook as for Cooked Cabbage, being very careful not to overcook the turnips. Diced young white turnips will cook tender in 15 to 20 minutes.

**MASHED TURNIPS**

- 4 cups Cooked Turnips
- $\frac{1}{8}$  teaspoon pepper
- 3 tablespoons butter

Mash turnips and add pepper and butter. Beat over low heat until smooth and most of liquid has evaporated. Serves 6 to 8.

**TURNIPS WITH PEPPER SAUCE**

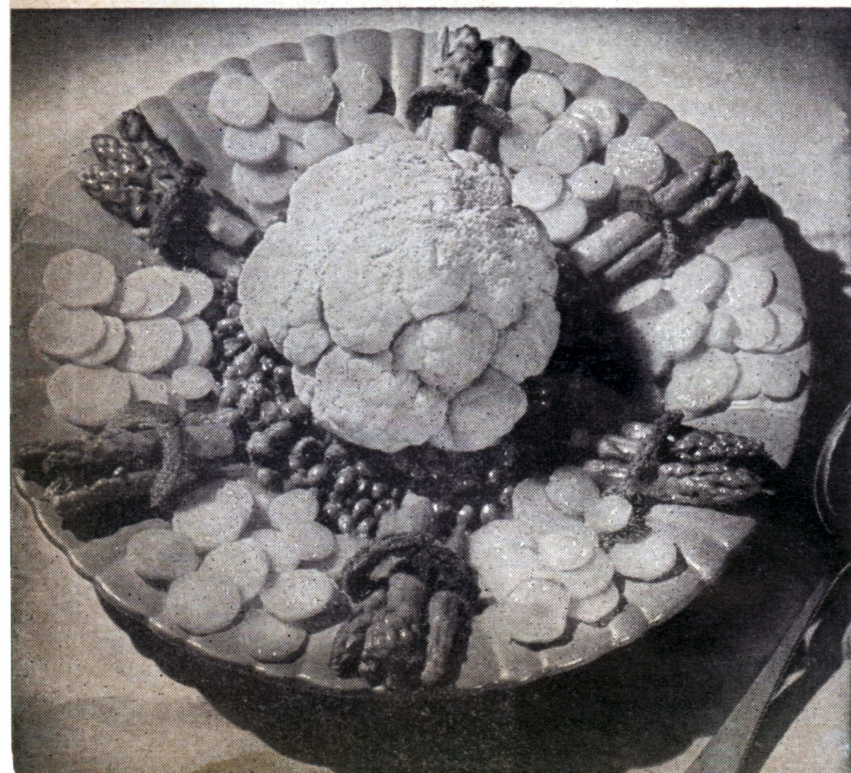
- $\frac{1}{2}$  cup chopped onion
- 1 cup chopped green pepper
- 4 tablespoons fat
- 1 recipe White Sauce
- 3 cups Cooked Turnips

Cook onion and green pepper in fat until tender. Add white sauce and turnips and heat thoroughly. Serves 6 to 8.

**CHAPEAU VEGETABLE PLATE—**

Cook vegetables separately and arrange as illustrated.

*The celebrated chapeau with a crown of peas and cauliflower and brim of sliced carrots and asparagus tips tied in bundles*





### VEGETABLE MARROW HUNGARIAN STYLE

- 1½ pounds vegetable marrow
- ¾ cup boiling water
- 1½ teaspoons salt
- 1 tablespoon lemon juice
- 2 tablespoons flour
- 1 cup milk, ½ cup cream
- 1 tablespoon butter
- 3 tablespoons chopped onion

Pare vegetable marrow. Cut into narrow pieces 2 inches long. Place in saucepan, add boiling water and salt, cover and cook slowly for 15 minutes. Add lemon juice and continue cooking 5 minutes longer. Blend flour and milk and stir into squash. Cover and cook 10 minutes longer. Pour in cream, heat to boiling and add more seasoning if desired. Melt butter in saucepan and brown onion lightly. Serve marrow with browned onion over top. Serves 6 to 8.

### VEGETABLE MARROW WITH SOUR CREAM

- 1½ pounds vegetable marrow
- ⅓ cup water
- 1 tablespoon butter
- 1½ teaspoons salt
- Dash pepper
- ½ teaspoon sugar
- 2 teaspoons lemon juice
- ½ cup sour cream
- ½ tablespoon minced fresh dill

Pare and cut vegetable marrow into ½-inch cubes, discarding centers if seeds are large. Place in saucepan with water, cover and heat slowly for 10 minutes or until cubes are tender but still firm. Drain if necessary. Add butter, seasoning, sugar and lemon juice. Stir together until butter is melted and add sour cream and dill. Heat to boiling. Serves 5 or 6.

### STUFFED VEGETABLE MARROW

- 1 large vegetable marrow
- 1½ cups chopped cooked meat
- ½ cup bread crumbs
- 1 tablespoon minced onion
- 2 tablespoons tomato catchup
- ¼ teaspoon salt
- Dash cayenne

Cut marrow crosswise into halves. Remove seeds from each half. Mix remaining ingredients together and pack into marrow halves. Place halves together and fasten with picks or place in pan of same length as marrow to hold halves together. Bake in a moderate oven (350°F.) 30 minutes or until tender. Serve in slices, for 6.

Marrows may be baked in Tomato Sauce after they are stuffed.

Another filling may be made by combining 1½ cups cooked rice, 1 cup grated cheese, ½ teaspoon Worcestershire sauce and 1 tablespoon minced green pepper. Bake as above.

### COOKED VEGETABLE MARROW

- 2 pounds vegetable marrow
- ½ cup water

Pare marrow, remove seeds and cut into cubes or slices. Heat water to boiling, add marrow, cover pan tightly to prevent escape of steam and heat again to boiling. Reduce heat at once and simmer 15 to 20 minutes. Drain if necessary. (Makes about 2 cups.) To serve, season with salt, pepper, and butter, for 6.

### SUCCOTASH

- ½ recipe Cut Cooked Corn
- ½ recipe Cooked Fresh Lima Beans
- 2 tablespoons butter
- 1 teaspoon salt
- ⅓ teaspoon pepper
- Parsley

Combine vegetables, add butter and seasonings. Heat thoroughly. Garnish with parsley. Serves 6.

*Stuffed vegetable marrow will be a welcome addition to your list of favorites*





## VEGETABLE SOUFFLÉ

- 1 small onion, chopped
- 1 tablespoon fat
- 2 cups Cut Cooked Corn
- 1 pimiento, minced
- ½ teaspoon salt
- ¼ teaspoon paprika
- ½ cup Stewed Tomatoes
- 1 cup grated cheese
- 2 eggs, separated

Sauté onion in fat until partially cooked. Add corn, pimiento, salt, paprika, tomatoes, cheese and beaten egg yolks. Fold in stiffly beaten egg whites, pour into greased baking dish and bake in moderate oven (350°F.) 30 to 40 minutes or until firm and browned. Serves 6 to 8.

Use asparagus instead of corn. Use Cream Sauce instead of tomatoes and ½ cup cheese

*A minimum of effort in arrangement can produce a maximum of beauty from the simplest vegetable plate*

**VEGETABLE CUSTARD** — Use eggs whole instead of separated. Increase tomatoes to 1½ cups. Bake in casserole in pan of hot water in moderate oven (350°F.) 40 minutes or until firm.

## VEGETABLE CASSEROLE

- 2 large mild onions
- 4 large firm tomatoes
- 2 cups diced potatoes
- 1 cup chopped celery
- 1 cup sliced carrots
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon paprika
- 4 tablespoons fat

Slice onions and tomatoes about ½ inch thick and place in layers in greased casserole with potatoes, celery and carrots. Sprinkle each layer with salt, pepper and paprika; add fat, cover and bake in moderate oven (375°F.) 1 hour or until tender. Serves 6 to 8.

## CREAMED VEGETABLE

- 4 cups cooked vegetable
- 1 recipe White Sauce

Combine any suggested cooked vegetable with white sauce and heat thoroughly. Serves 6 to 8. Suggested vegetables:

Asparagus, Beet Greens  
Broccoli, Broccoli Rabe  
Brussels Sprouts, Cabbage  
Carrots, Cauliflower  
Celery, Chicory  
Chinese Cabbage  
Cucumbers, Eggplant  
Globe Artichokes  
Green Beans  
Jerusalem Artichokes  
Kale, Kohlrabi  
Lima Beans  
Onions  
Parsnips, Peas  
Potatoes, Radishes  
Salsify, Spinach  
Swiss Chard  
Turnips  
Wax Beans





## MIXED VEGETABLES

### BAKED VEGETABLES

- 8 small carrots
- 8 small potatoes
- 8 small onions
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 1 recipe White Sauce
- 2 tablespoons butter

Pare carrots and potatoes and cut into slices. Peel onions and mince. Combine vegetables in greased baking dish, season with salt and pepper, add white sauce and dot with butter. Bake in moderate oven (350°F.) about 1½ hours or until tender. Serves 6 to 8.

### OTHER VEGETABLE COMBINATIONS FOR BAKING

Cauliflower, onion, carrots and peas.

Turnips, carrots and leeks.

Lima beans, onion and corn.

Salsify, carrots, mushrooms and onion.

### UPSIDE-DOWN VEGE- TABLE CAKE

- 2 cups sifted flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup shortening
- 1 egg, beaten
- 1 cup milk
- 4 cups mixed cooked vegetables (peas, carrots, celery, Lima beans)
- $\frac{1}{2}$  cup vegetable stock
- 2 tablespoons butter

Mix and sift dry ingredients together and cut in shortening. Combine egg and milk; add to dry ingredients, stirring until mixed. Arrange hot seasoned vegetables in bottom of greased shallow baking pan, add vegetable stock, dot with butter, cover with first mixture and bake in hot oven (425°F.) 20 to 25 minutes. Turn out on hot serving plate with vegetables on top and serve with Tomato or Mushroom Sauce. Serves 6.



### VEGETABLE DISH

- 3 medium onions, chopped
- 3 medium green peppers, chopped
- $\frac{1}{3}$  cup butter
- 6 medium tomatoes, diced
- 1½ cups Cut Cooked Corn
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 1 tablespoon chopped parsley

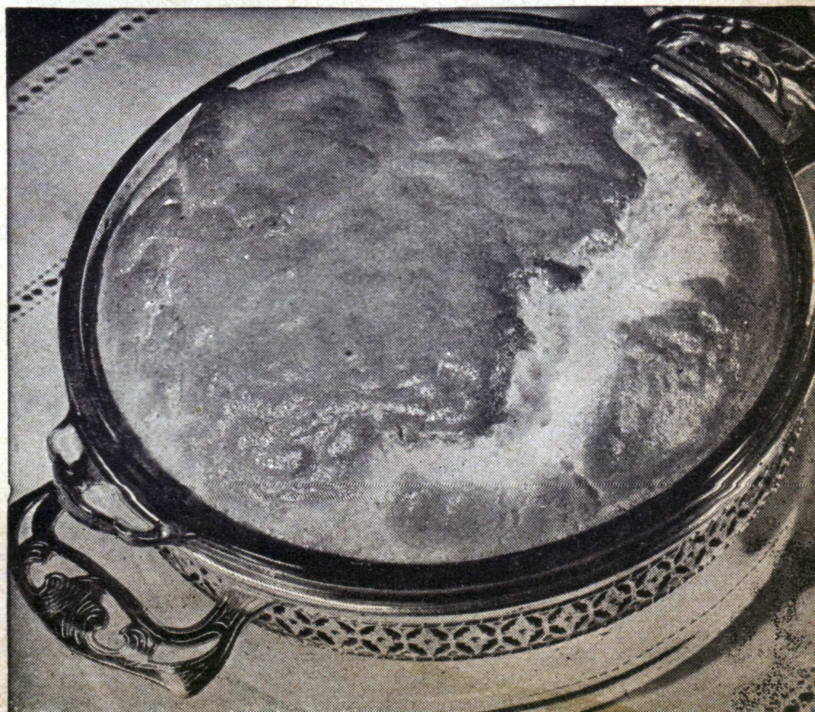
Cook onions and peppers in butter 5 minutes. Add tomatoes and corn and cook 10 minutes longer, but do not brown. Season with salt and pepper and sprinkle with parsley. Serves 6 to 8.

*Either fresh or cooked vegetables may be combined for this delicious casserole*

### MIXED VEGETABLES

Chop, combine and sauté in butter until browned. Or reheat with leftover gravy and serve with sliced meat. Or make into vegetable loaf and bake.

*Bake the vegetable upside-down cake in a casserole for variety*





**VEGETABLE LOAF**

- ½ cup cooked peas
- ½ cup cooked string beans
- ½ cup chopped cooked carrots
- 1½ cups milk
- 1 egg
- 1 cup soft bread crumbs
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon paprika

Press peas through a sieve, cut beans into small pieces and combine all vegetables. Add milk, slightly beaten egg, crumbs and seasoning. Turn into greased baking dish and bake in moderate oven (350°F.) until firm. For 6.

**MIXED GRILL**

Bake Breaded Eggplant in a shallow pan. Place a slice of peeled tomato on each slice of eggplant. Top each with 2 crossed half-slices bacon. Broil until bacon is crisp. Sprinkle with grated cheese and return to broiler to melt cheese. Garnish with parsley.

*If you've never tried zucchini have it stuffed the first time and you'll want to have it often*

**LEFTOVER COOKED VEGETABLES**

**CABBAGE**—Purée; reheat with butter and a little cream; serve on toast.

**CELERY**—Purée and add to cream soups, chowders or meat gravies.

**LETTUCE**—Cook outside leaves of lettuce with other greens, such as spinach or kale.

**ZUCCHINI IN TOMATO SAUCE**

- 5 tomatoes
- ¼ cup butter
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 pound zucchini
- 2 tablespoons chopped parsley

Peel tomatoes, remove seeds and stew tomatoes in butter until cooked to a thick sauce, stirring constantly. Season with salt and pepper. Wash zucchini, dice very fine, add to tomato sauce and simmer about 15 minutes or until tender. Sprinkle with parsley. Serves 6 to 8.

**ZUCCHINI AND TOMATOES AU GRATIN**

- 2 pounds zucchini
- 3 tablespoons chopped onion
- 3 tablespoons fat
- 2 cups Stewed Tomatoes
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¾ cup grated cheese

Wash zucchini and cut into ¼-inch pieces. Cook onion in fat, add zucchini and cook slowly 5 minutes, stirring frequently. Add tomatoes, salt and pepper. Cover and cook 5 minutes longer. Turn into greased baking dish, sprinkle cheese over top and bake in moderate oven (375°F.) about 20 minutes. Serves 6 to 8.

**FRIED ZUCCHINI**

- 2 pounds zucchini
- Salt
- 1 teaspoon chopped onion
- ¼ cup butter

Wash and cut zucchini into ¼-inch slices. Sprinkle with salt. Add onion and cook slowly in butter about 10 minutes, stirring constantly. Cover and simmer 5 minutes. Serves 6 to 8.

**STUFFED ZUCCHINI**

- 3 zucchini
- 2 tablespoons minced onion
- 3 tablespoons butter
- 1 cup soft bread crumbs
- ½ cup cooked tomato
- Salt and pepper

Cook zucchini in boiling salted water 10 minutes. Cut in halves and scoop out centers. Mix pulp with remaining ingredients. Fill zucchini. Bake in 350°F. oven 15 minutes. Serve with bacon, for 6.





## HOLLANDAISE SAUCE

$\frac{1}{2}$  cup butter; 2 egg yolks  
 $\frac{1}{4}$  teaspoon salt; Dash cayenne  
 1 tablespoon lemon juice

**METHOD 1**—Divide butter into 3 portions. Place egg yolks with  $\frac{1}{3}$  of the butter in top of double boiler. Keep water in bottom of double boiler hot but not boiling. Stir eggs and butter constantly; when butter melts add another portion and as it melts and the mixture begins to thicken add remaining butter. Keep stirring constantly. As soon as mixture is thick, remove from heat and add seasonings. The sauce is delicious served over vegetables. Should sauce separate, beat in 2 tablespoons boiling water, drop by drop. Makes 1 cup sauce.

Increase lemon juice to  $1\frac{1}{2}$  tablespoons.

**WITH WATER**—Cream butter, add egg yolks 1 at a time, blending each one in thoroughly. Add remaining ingredients and beat. Just before serving add  $\frac{1}{2}$  cup boiling water gradually, beating constantly. Cook over hot water, stirring constantly, until thickened. Serve at once.

**METHOD 2**—Melt butter in top of double boiler. Add to egg yolks gradually, stirring constantly. Return to double boiler and cook over hot water until thickened, stirring constantly. Remove from heat and stir in salt, cayenne and lemon juice. Sauce may be prepared 30 to 45 minutes before serving and kept warm by covering and placing pan in hot (not boiling) water.

## MOCK HOLLANDAISE SAUCE

1 cup White Sauce  
 3 egg yolks, slightly beaten  
 3 tablespoons butter  
 5 teaspoons lemon juice

Stir part of sauce into slightly beaten egg yolks; add egg mixture to remaining sauce, blending thoroughly. Add butter and lemon juice and heat over boiling water, stirring constantly. Remove from heat, cover, and keep over hot (but not boiling) water until serving time. Serves 6.

**BUTTER FOR CORN ON THE COB**—Cream  $\frac{1}{2}$  cup butter and add 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper and 2 drops Tabasco sauce. Blend thoroughly and serve with corn on the cob. Serves 4.

**DRAWN BUTTER**—Melt butter and allow salt to settle out. Serve the clear oil in small hot cups with globe artichokes.

**BROWNE BUTTER**—Heat butter until slightly browned.

## BROWNE BUTTER

6 tablespoons butter  
 1 tablespoon minced onion  
 Heat butter and onion until both are browned. Serves 4.

## LEMON BUTTER

6 tablespoons butter  
 2 tablespoons lemon juice  
 Cream butter and add lemon juice gradually. Serves 4.  
 Add 1 teaspoon paprika.

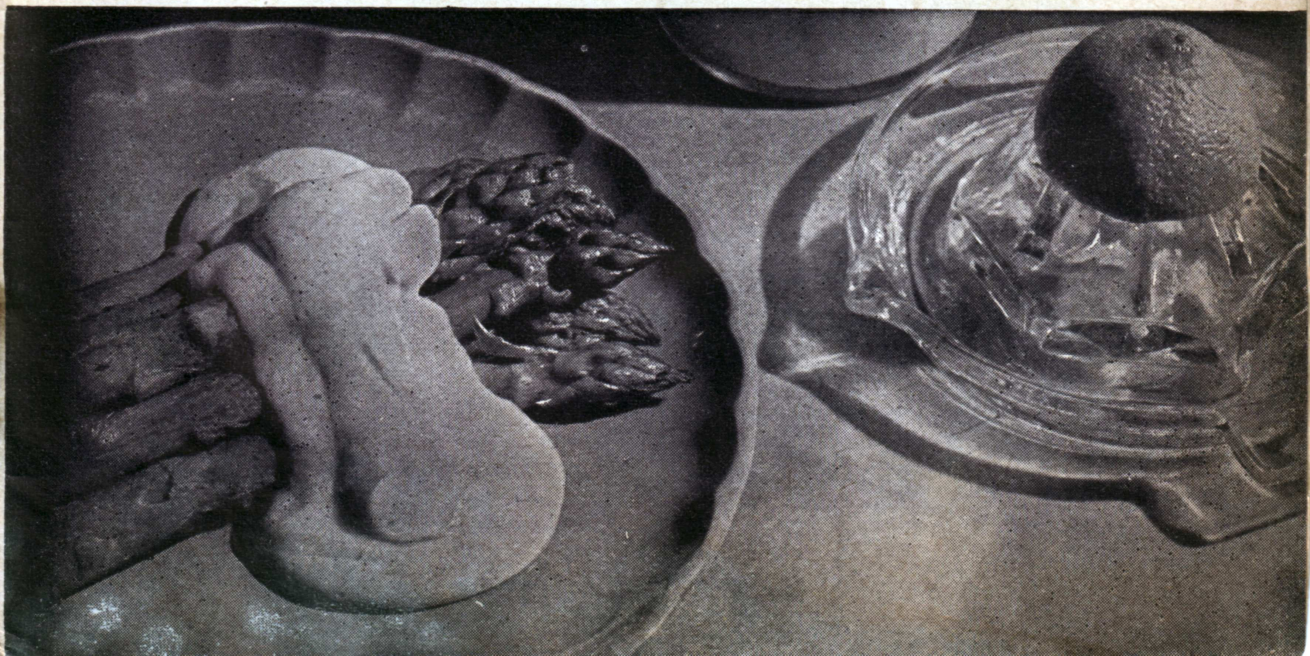
**CHIVE BUTTER**—Omit lemon juice; add  $1\frac{1}{2}$  tablespoons minced chives.

**MINT BUTTER**—Omit lemon juice; add  $1\frac{1}{2}$  tablespoons minced mint.

**PARSLEY BUTTER**—Omit lemon juice; add  $1\frac{1}{2}$  tablespoons minced parsley.

**WORCESTERSHIRE BUTTER**—Omit lemon juice and add 1 teaspoon Worcestershire sauce.

*A smooth rich Hollandaise sauce is an ideal topping for tender asparagus*





**MORNAY SAUCE**

- 2 cups veal or chicken stock
- 1 small onion, chopped
- 1 stalk celery
- 1 bay leaf
- 1 sprig parsley
- 2 tablespoons butter
- 2 tablespoons flour
- ½ cup thin cream
- Salt and pepper
- ⅓ cup grated Parmesan cheese
- ½ teaspoon paprika

Simmer stock with onion, celery, bay leaf and parsley 30 minutes. Strain. Cook butter and flour together 5 minutes. Add cream and stock and cook until thickened, stirring constantly. Simmer 15 minutes. Add remaining ingredients. Makes 2 cups sauce.

**MUSHROOM SAUCE**

- ½ pound mushrooms
- 2 cups water
- 3 tablespoons butter
- 4 tablespoons flour
- ½ cup milk
- ½ teaspoon salt
- 1 tablespoon Worcestershire sauce

Peel mushrooms and remove stems. Simmer peelings and stems in water 15 minutes. Slice caps and sauté in butter 5 minutes.

Add flour, blend well. Add milk and 1½ cups mushroom stock from stems and cook until thickened, stirring constantly. Add salt and Worcestershire sauce. Makes 2 cups sauce.

**WHITE SAUCE**

- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- ½ teaspoon salt
- ⅛ teaspoon pepper

Melt butter, stir in flour, add milk gradually and cook slowly until thickened. Add salt and pepper. Makes 2 cups sauce.

**CHEESE SAUCE**—Stir ½ cup grated cheese into sauce.

**CREAM SAUCE**—Use cream instead of milk.

**EGG SAUCE**—Add chopped whites and mashed yolks of 2 hard-cooked eggs and 1 teaspoon minced parsley to sauce.

**HOT MAYONNAISE**—Add 1 cup mayonnaise to 1 cup sauce.

**PARSLEY SAUCE**—Add 2 tablespoons minced parsley to sauce.

*Be generous with the cheese sauce for cauliflower and guests will be generous with their praise*

**TOMATO SAUCE**

- 2 tablespoons minced onion
- ½ clove garlic, minced
- 1 tablespoon olive oil
- 3 cups chopped tomatoes

Sauté onion and garlic in oil 5 minutes; add tomato and simmer about 30 minutes, until thick. Stir occasionally. Press through sieve, season with salt and pepper and reheat. Makes 1 cup. Or blend 2 tablespoons each flour and butter, add 2 cups strained cooked tomatoes and cook until thickened. Season with salt and pepper. Simmer 20 minutes.

**BUTTERED CRUMBS**—Melt 2 tablespoons butter and add ½ cup fine bread crumbs. Heat and mix until well blended and slightly browned. Sprinkle over seasoned cooked vegetables.

**BROWNEED NOODLES**

- 1 cup broken noodles
- 3 tablespoons butter

Break noodles in very small pieces and fry in butter until brown. Use as for Buttered Crumbs.

**BROWNEED MUSHROOMS**—Heat ¼ cup butter, add 3 tablespoons finely minced mushrooms and cook until browned.









